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The Epistle to the Reader.

IN my opinion gentle Reader (which also is the saying and writing of all the Philosophers:) those things are most principall to be taught and maintained, which in the common welth are most profitable & necessary, then may I say without iust cause of reproofe: if some think no shame to displeasure many, for the pleasuring of a few: thē I need not to blush, nor fere to profit many by hurting of none, by the publishing of this my book abroad: not pend without pain, nor drawn without diligence nor ended with ease, wherin are such & so many notable rare, profitable, and precious thinges as neuer were yet set forth in any volume in our vulgar or english tongue, nay diuers of them were neuer hitherto imprinted. Although I haue giuen the onset to publish in our own naturall tongue this most excellent woork for all diseases, for the which cause it should not be the lesse esteemed, although some more curious then wise, esteeme of nothing but that which is most rare, or in hard & vnknowen languages. Certainly these kinde of people cannot abide that good and laudable artes shoulde bee common to many, fearing that their name and practise should decay, or at the least should diminish, the intention truly of such persons so much like them which gape for all, and wouldal haue leaning nothing to any body, but that which they must needes forgoe, not considering that we are not borne for our selues onelye as *Plato* saith, but for the profit of our cuntry. Surely if I did not feare to be to long in this my preface: I would proue how all Artes and Sciences may be published in that tongue which is best to be vnderstanded, as for example. For *Galien* the prince of this art beeing a Grecian, wrote in the Greeke. Also king *Auicene* he wrote in the Arabian speeche. Also *Plinius*, *Celsus*, *Serenus*, and other of the Latinestes, wrote to the people in the Latin tongue. *Marcillius Ficinus*, whom all writers assent to be singulerly well learned, disdained not to write in the Itallian language generally to all men, to the in-

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tent of all that euer set forth any noble study, haue been to be read of as many as would, what reason is it that we should huther mouther here among a fewe, the thing that was made to be cõmon vnto al? Christ saith, no man lighteth a Candell to couer it with a bushel, but setteth it to serue euerye mans neede: and these goe about, not onelye to couer it when it is lighted, but to quenche it before it bee kindled, if they might by malice; which as it is a detestable thing in any godly science, so me thinketh in this so necessarye an arte, it is exceeding damnable and diuelishe to debarre the fruition of so inestimable benefites: which our heauenlye father hath prepared for our comfort and innumerable vses, wherewith he hath armed our impotent nature, against the assaultes of so many sicknesses, wherby his infinite mercye and abundant goodnes, is in nothing els more apparantly confessed: by the which benefites, as it were with most sensible argumentes spokẽ out of heauen, he constraineth vs to think vpõ our own weaknes, and to knowledge, that in al flesh is nothing found but misery, sickne, sorrowes, sinne, affliction, & death, no not so much strength as by our own power to releue one meber of our bodies diseased. As for the knowledge of medicines, comfort of herbes, maintenaunce of health, prosperitie, and life, they be his benefites and proceed of him, to the ende that wee should in common help one another, and so to liue together in his Lawes, and Commaundementes: desiring all those which shall finde any faulte herein, that they will freendly amend that is amisse.

¶ For all the partes of the Head.

For to make the haire to grow.

Take a Molletwarpe, skinne and all, and lap it in a clowt, and burne it to powder in an earthen pot, then take bowe dyrt, and lappe it in a clowt, and burne it to powder, & medle these two powders togither with hony, and anoynt the place where that you will haue ẏ haire for to grow. Also take and grinde redde onyons very small and annoint the place therwith, and the haire will grow vp quickly.

For to make haire to grow where none is.

Take hasell nuts, with huskes and al, & burn them to powder then take beech mast, and the leaues of Enula campana, and stamp the herbe and the mast together, then sæth them together with hony, and annoint the place therewith, and then straw the powder thereon, and you shall make the haire growe where none is.

An other experiment to make haire to grow.

Take and sæthe mallowes, rootes and all, and wash the place where as the haire doth lacke, and it will growe in small time. Take hony and beares grease, and mingle them together and make an oyntment thereof, and anoint the head therewith. Also take a good quantity of bees and drye them in a stue by the fier, and make powder of them, and temper it with oyle olyue, and anoint the place where that the haire should grow.

An experiment for to washe the head.

Take an vnce of turpentine, and an vnce of white wax, and a pottell of Burges wine, of Storax calamitæ an vnce, & a little Cerus, Mastick as much, and so make good strong lye and put therin those gummes, and so wash the head therewithall. Also take the oyle of Tarter, and warm it, and annoint any bald head therewith, and it will restore the haire again, and that in small space well proued and tried.

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An

An other for to wash the head, and to make the haire yellow.

TAke the best and the strongest lye that can be made, then take a good handfull of red fenell, of margerum, as much: of sage a handfull, violets as muche, of damask roses a handfull, of red roses as much, of nutmegs two, of cloues and mace an vnce of eche, Enula campana as much, orrice powder as much, Licoris two or three sticks sliced, a handfull of Lauender spike, and let the lye stand nine dayes, and then straine it, and sæthe it one waume, and skum it, & then put all the hearbs and spices therin and so occupy it when you see conuenient time, vse a spunge wet your haire, and then let it drye in of it selfe, and it will kæpe your head from aking, and it will make your haire as yellowe as golde.

For to make haire yellow.

TAke the rynde or barke of Rewbarbe, and take the scraping thereof, and steepe it in white Wine, or cleare lye, and after that you haue washed your head with it, you shall wet your haire with a spounge, or some other cloth, and let them drye the haire by the fier or Sunne, and the ofter the better, as I haue proued.

For to stay haire from falling off.

TAke and make strong standing lye, and take a great company of Isope rotes, and burne them to ashes, and mingle the ashes and the lye together, and therwith wash your head, and it will kæpe the haire from falling off, & vse this often, it is wel proued. Also take ashes of little frogs being burnt, they cure the falling of the haire, and the ashes of goates dung, mingled with oyle: doth engender the haire.

For the falling of the haire.

TAke the Ashes of Culuer dung, and washe the head therewith. Also take walnut leaues, beaten with beares suet: recouereth the haire that is plucked away. Also sæthe the leaues of an Oke, and the middle rinde thereof in Water, and washe thy head therewith.

For to kill Lyce in the head.

Take

TAke Frankencence, and barrowes greace, boyle them together in a pan of earth, and with this oyntment rub the head where the lyce is, and it will kill them.

An other for to kill Lyce in the head.

TAke Staueſaker, and beate it to powder, and mingle it with blacke ſope, and anoint the head therwith, and it will be ſon whole.

For the Nits in the Head.

TAke the Gall of a Calfe, and ſmere the head therewith and it will kill the Nits.

For woormes in the haire.

TAke and rub Calamint on the head, and it wil flea ẏ woꝛmes in the haire.

For to doo away haire.

TAke the head of Nettles, and ſtampe it, and temper it with ayſell, and annoynte therewith the head, but firſte ſhaue oꝛ pull awaye the haire, foꝛ it is better, then after you muſte ſweat, and when that you are whotte: then annoynt therewith your head, and doo ſo thꝛée dayes, and there ſhall growe no moꝛe haire there. Alſo take the gumme of Arabike, and annoynt the place where the haire groweth, and it ſhall quickly fall awaye. pꝛoued.

For to take away haire.

TAke the ſhelles of two egges, beat them ſmal and fil them with a good fier, and with that water annoynte the place therewith. Moꝛeꝛels take hard Cattes dung dꝛyed and beaten to powder, and temper it with ſtrong vineger, and with that waſh the place where thou wilt not haue the haire to grow.

An experiment for to take away haire.

TAke the blood of a ſnayle without a ſhell, and it doth mightily let the growing vp of the haire. Alſo take Labdanum, the gum of Iuie tꝛée, alſo emmets egges, arſenick and vinegre bound to the place whereto ye will apply them, and there will the haire grow no moꝛe: pꝛoued.

An

An other for to take away haire.

TAke the iuyce of fumitory, and mix it with gumme Arabik, and layde on the place of the haires first plucked out by the rot: it will neuer permit the haire againe for to growe. Also take the worme that glistereth in the night, and therewith annoynt the head, it doth not suffer the haire for to grow.

For the scurffe in the head.

TAke of the decoction of mallow rootes, if you do often washe your head therewith it maketh the scurffe to fall off. Also the decoction of the midle rinde of an elme, the head being washed therwith, doth mightyly driue out the scurffe of the head.

An other for the scurffe in the head.

TAke vineger, and boyle it in wine lees a little, and annoynt all ouer the scurffe. First cleanse it and it mightily healeth and dryeth it. Also take the braunch of a græne figge tree, with the leaues, and stampe them in water: it wil heale the scurffe. If the scurffe be new: vse this medicine dayly with veneger till it be like mary, and so annoint the head therewith prayed.

For wheales or pushes in the head.

TAke and wash your head with vineger, or with water wherin Camomill hath bæn sodden in. Also the leaues of Violets stampt with hony doth lightly heale the same. Also townecresses stampt with goose greale, doth heale the wheales or pushes that be in the head.

For a scalde head.

TAke a penyworth of Lampe oyle, and halfe a pinte of fayre water, and boyle it well together, and when it is colde: put thereto halfe a penniworth of quicke siluer, and temper it well together and annoynte the head therewith.

For a scalde head.

TAke the liuer of a thornebacke, and sethe it by it selfe, then take six rots of Enula Campana, & sethe them by the space of three

thꝛæ howers in cleane water, of houſelæke thꝛæ handfulls, ſtampe them and medle them altogeather, and ſtraine them thꝛough a linnen cloth, and make an oyntment of them and annoint the head therewith, and if the haire be gone: take a handfull of wull and burne it to powder, and annoynt therewith the head that is pilde, and the haire ſhall growe as thicke as euer it was beforꝛe.

Another for a ſcalde head.

TAke Groundſwelly, and Barrowes greace, and choppe the Groundſwelly ſmall, and boyle it with a ſoft fier with ỹ barrowes greace, and ſo clip of the haire, and therwithall annoint the ſcald head.

For to heale a white ſcalde in the head.

TAke houndſtung and Bꝛage rootes, of eche a like quantitye, waſh them faire and cleane, then ſhꝛed them, and chop them ſmall in peeces, ſeeth them in vineger about halfe a pinte & moꝛe then put in a little ſweete Butter neuer ſalted, and let them boyle togither till they be ſofte, then ſtraine them thꝛough a cleane cloth, and it will be a pleaſant ſalue, then take a feather and annoynte the patientes head withall, but you muſt vſe to waſhe the ſcald heade with cowe pille, oꝛ els with faire water: and this will heale the white ſcald head.

Another for to heale the white ſcalde.

TAke greene coperis, roſen, waxe, sheepes ſuet, hony, and beat them ſmall together, and boyle them well, and it will be a very faire ſalue, and this will heale any white ſcald: pꝛoued.

For the braine an experiment.

TAke the Sirupe of reede roſes, with the powder of Lygnum aloes, and the bone in the Harts hart, cloues, and the leaues of red Roſes, oꝛ the Cakes thereof, and ſeethe them all togither with ſuger, and giue the patient thereof to dꝛink faſting, moꝛning and euening.

For the braine another.

TAke the smoake of Lignum Aloes, and it comforteth the colde braine, and all weake partes of the braine, and the head.

For to restore the braine.

TAke and make powder of Betony, and vse it in thy potage, and it will restore the braine. Also take and chue Mace in your mouth. Also put into thy nose the rot or iuice of Galingall, and it is good for braine or memory.

For the weakenes of the braine.

TAke and smell to muske, and for default of stoppinges of the nose when it wringeth the heart and vpper limmes, and causeth them in a maner to sound: take of the fume of the muske beneath. Also to comfort the braine, vse both Cloues and mace in your brothes that they be sodden in, and also in your nosthrils if the patient haue the reume or pose: put the powder of Cardomonum, and the oyle of muske into an egges shell till it seeth, and therewith anoynt the head.

For the flowme in the braine.

TAke the iuice of red Docks, with the iuice of Rue, and put a little thereof into the nosthrils, and vse this in a fine or very warme place.

For him that hath lost his minde.

TAke the iuice of marigoldes, of sage, of wormewood, of eche of them a spoonfull, and take as muche white Wine and put it thereto, and let him drinke it at euen, and as much in the morning cold: and vse it for fiue daies.

An other for him that hath lost his minde.

TAke and sheare of the haire of the molde of his head, then take archangell and stampe it, and binde it to his head where it is shauen, and let him sleepe for a while, and when he awaketh he shall be right meek and sober inough.

For to keep a good memory.

Take

TAke Mugwort, and lay it in white wine, and then take it and distill it, and vse to drinke of it fasting, and it shall preserue the memory. Also take the iuice of Zipulus and drinke it fasting: causeth a good memory.

An other for memory.

TAke and grinde mustersede with vineger, & rub it mightily on the plants of the feet: and it doth quicken the memory of such persons as haue bin long time sicke, and to stirre them vp from all kinde of forgetfulnes of memory, and for to make them mindefull of such busines that they take in hand.

Against forgetfulnes.

TAke rue, red mintes, oyle olife, and with very strong vineger let thy nosthyls be holden ouer the smoke therof. Also burne thine owne haire, and mingle it with vineger and a little pitch, and apply it to thy nosthylles, for it wonderfully stirreth and quickneth the persons diseased with forgetfulnesse. Also take the lites of a hogge layde vnto thy head being shauen: is very good.

Another for forgetfulnesse.

TAke the Gall of a Crane, being made warme in a leaden vessell, it doth thorowlye stirre vp the diseased body, if the nape of his necke be anointed therwith. Also take the smoake of Galbanum, or of an Harts horne which is best of al for forgetfulnes. Also the skin of an hare burnt, and the ashes therof drunke with Calamint, healeth the disease of the Lytargy.

An other for the same.

TAke sauery and beat it and seeth it in vineger, and lay it in the forme of a plaister to the hinder part of the head: it doth merely awaken those that are very heauy with sleepe, nothing doth more and better quicken forgetfulnes in men or Women. Also the fume of a kiddes skin doth quicken forgetfull persons, and those that be infected with the falling sickenes.

For the frensie in the head.

TAke oyle of Roses, oyle of violets, of euery of them iij. poys and as much of the water of a cowturd, and put it in a new vessell of earth, and boyle it till all the water be boyled awaye: then put out that, and put in other into the same vessell, as much of that water, and boyle it thus seuen times, and then put thereto halfe of the fourth parte of the poys of Camphiere, and meddle it well together, and vse it on his head for the frensie when it is new shauen.

An other for the frensie of the head.

TAke the iuice of smallage, veriuice or vineger, oyle of violets or roses: being put together in a vessell of glasse ouer the fier, all hot lay it to the patients head, and so annointe the head all ouer being shauen.

Another for the same.

TAke and annoint the head with vineger, and with oyle of roses put thereto, and it is very good against lytargy or frensy, and for vomite of blod, the quantitye of foure drammes taken with wine profiteth much.

For the frensey in the head.

TAke the hot lightes of a goat, and clap it to the head of the patient that is vexed with the frensie: and it taketh it away presently, and so doth a sponge dipt in warme wine, and put to the left pappe. Also the rot that is called Peryoral boyled and laid to the head, will draw forth all madnesse.

An experiment for the frensie in the head.

TAke a redde stone that is found in a swallow, and let the patient carry it about him fast tied in a linnen cloth, and put it vnder the left arme, and it doth heale all frensie & lunatick persons. Also a rosted mouse eaten, is very good for frensie. Also seeth henbane in sweet wine, and therewith wash the frensies eares, temples, and nosthrils, and it prouoketh sleep.

For the meigrim in the head.

TAke foure handfulls of red rose Flowers fresh in Sommer, and in Winter: three handfull of Camomill, and as muche

of

of veruen, and breake them small with your hande, and boyle them in a pottell of white wine or Gascoyne, if it may be had, and if not: in Rochell wine, till it come to a quart, and put them in three bagges, brothed flat like a playster, and lay it where as the paine is, as hot as the patient may suffer it, and change them still hot and hot, during a day and a night, and longer if need be.

An other for the Meigrim.

TAke halfe an vnce of Gallingall, and an vnce of Ginger, Nutmegs halfe an vnce, cloues a quarter of an vnce, aniseed a peny waight, Enula Campana a quarter of an vnce, licoris halfe an vnce, suger halfe an vnce, and beate all these together, and let the sick vse of this powder first and last a spoonful at once and within foure daies God willing he shall be whole.

An other for the meigrim in the head.

TAke an vnce of staueſaker, and beate it to powder fine, then take the third part of the powder, and of the white of an eg, and a Nutmeg, and a little commin, a quantitye of flaxe small harked, beat them together, and lay it plaister wise on his forehead, when that he goeth to bed, if he bleed: he shall be quickly whole, if not: lay it on the other vntill he bleed.

An other for the meigrim.

TAke commin, and beat it as small as ye can, that so done: sift it through a fine cloth, and take the finest therof, & put therto the quantity of the gall of an Ore, and beate them together till that they be thicke, and then make a plaister therof and lay it to the nape of the necke, and it shall help them.

For the same a medicine.

TAke daysye rots, leaues and all, and beat them, and wringe out the iuyce and put of the iuyce into the Nosthrills of the person that is troubled with the meigrim in the forepart of the head, so that the patient may lye, that they may voyde downe the iuice that discendeth from him or them.

For to know if that the brain pan be broke.

YF the flesh be whole above: take and shaue the head there as the sore is, and double a linnen cloth, and spred on the white of an egge, and binde it to one night, and on the morrow take it away, and lok if the cloth be moist or dry, for if it be moist the panne is broken and in the same place carue the flesh, and let the blond out, and annoint it with an oyntment made therefore, and thus thou shalt saue him, or els he is but dead.

For the Fistula in the head.

AGainst the Fistula in the head take and seeth bitter Lupines in salt water and put vineger to them, and then straine it, and in the straining therof put of the powder of Germander and wash the head therewith.

For the fistula in the head.

AGainst the Fistula in ỹ head, take and gather ỹ rots of egrimony, and dry them in the smoke, and after that it is dry: take and hang it about the necke of the patient, and it will helpe him.

For the meigrim and for the impostume in the head.

TAke the foure peny waight of the rot of pellitory of Spaine, a ob. waight of spikenard, and boyle them in good vineger, and when it is colde: put thereto a spoonfull of hony, and a sauser full of mustero, and mingle them well together, and holde therof in thy mouth a spoonefull at once, and vse this nine times, and vse for to spit it out continually.

For an impostume in the head.

TAke Galingall halfe an vnce, nutmegs a quarter of an vnce, cloues a peny waight, the flowres of canell, a penny waight of Spikenard, a ob. waight of anised, a quarter of an vnce of Enula Campana, halfe an vnce of Licoris, of suger halfe an vnce and beat them well together, and vse of this powder firste and last: a spoonfull at once.

Another for the impostume in the head.

Take

TAke Betony, sage, redde mintes, redde fenell, of eche thre croppes, and eate them eight daies together, or fourteene daies: and after take the grene rynde of the elder sticke of one yeres growing, and put the iuice thereof into thy nose thre daies, thre times a daye lying vpright, the space that one maye goe a mile.

For the head ache.

TAke Rose Cakes, and stampe them very small in a morter with a little Ale, and let them be dryed by the fier on a tyle-sharde, and laye it to the nape of the necke to hedward: proued.

An other for the head ache.

TAke hemlockes, and sethe them till they be as softe as pappe, laye it to the head where the paine is, and let it lye all night, and on the morning lay on an other hotte playster of the same, and vse this foure or fiue times, and by Gods grace the pacient shall be eased.

An other for the head ache.

TAke a Posset and laye it hotte vpon the head, and let it oft be laid to, for so cures a Phisition diuers cures. And also take the oyle of Camomill, and anoint the browes and the forehead, and labour it very well, and lay the patient downe, and make him sweat, and it shall helpe him. Also mingle a spoonfull of the iuice of Betony, with as much wine, and as murhe hony, and put thereto nine pepper cornes, and drinke it foure dayes together: proued.

For the head ache.

TAke iuice of blacke Iuye, the iuice of Rue, the oyle of Roses, white wine, and vineger, and mingle all together, & anoint the temples therewith.

For the head ache.

TAke an handfull of red sage, a handfull of redde Rose leaues sliced, a handfull of Camomill flowres dryed, a handfull of Baye salt, a peece of leauened bread, two Nutmegges, beate them all together, and make as it were a quilt, and rub ouer the

hearbes, and then lay it ouer his head in the forme of a plaister.

For the head ache proued.

TAke white earth-pynd, and make iuice thereof, and put it into thy nose, and it shall purge thy head of rewme, and it dooth away the headache. Also leeks with leaues sodden in wine and emplaistered about the temples and the forehead, it dooth away all the headache. Also take musterd seed, saffron, rose flowers, or the leaues, and meddle them with sope, and make a plaister thereof, and binde it to the head. Also take ensence, Dooues dung, wheat meale, and temper them with the whites of egges, and binde it to the forehead and the temples, and it dooth away all aches of the head. Also wash the head with lye made of the powder of colewoorts, of red nettels, and of white wine, and it dooth away the ache without doubt, for this is a true experimēt proued.

For aking of the head.

TAke and make lye of Vernaine, or of Betony, or of woormewood, and therewith wash thy head thrice in the weeke, and it shall doo thee very much good.

For the vanitie of the head.

TAke the iuice of wallwoort, Salte, hony, waxe, and Ensence, boyle all them together, and therwith annoint the temples.

For the vanitie of the head, and to wash the head, and to comfort the braine and memory, and for a faire face.

TAke lye that is not so strong, and put two pylls of orenges, the pils of as many Citrons, ẏ blossomes of camomill, bay leaues a handfull, of maiden haire a handfull, of Egrymonye two or three vnces, of barly straw chopped in peeces, a dishfull of Fenegreeke, a pounde of Wine lyes, two or three dishefulls of broome blossomes, put all these into the lye, and mingle them together, and so wash the head therewith, and put in a litle myrre and sinamon: this is proued.

For

For the Lytargie in the head in the hinder part, which maketh it for to shake.

TAke a pure blacke Cat, and flea her, and pull out her bowels, and picke away the fat from the guttes, and put them into the body againe, and fill the body full of mustardseed, well steeped in the iuyce of Nep, and sage, and then sow the body vp, and roste it vpon a spit, till it be so dry that it drop no more moysture then take the dripping that commeth therof, and put it in bowls and when you will occupy it, shaue the patient in the neck, and annoint him by the fier in the ioynt next to the head, and it shall help the greeued.

An other experiment for the Litargie in the head.

TAke and make the decoctiō of Tutsan, smalladge, and of sage in salt water, and wash the hinder part of the head ther with. Also take and seeth Castoreum in strong vineger, put thereto of the powder of Anacard, and anoint the hinder parte of the head therewith.

Another for the Litargie in the hinder part of the head.

TAke and choppe the rootes of Siperus very small, and seethe them in oyle till the oyle be nigh wasted, then lay the residue that is left on the hot coales, and let the patient take the smoke thereof at his mouth and nose, and it will help him. Also binde the powder of Eustorbium in a fine cloth, and holde it so to thy nose that he be constrained to neese. Or els take and make an oyntment of Eustorbium, of pepper, and of Castore, with oyle of muske, or common oyle with these powders & iuyce of gourdes, and annoynte and rubbe the hinder parte of the patients head: proued.

For to purge the head and to clense it.

TAke pellitory of spaine and chew the roote, three dates a good quantitie: and it shall purge the head to doo awaye the ache, and fasten the gummes.

For to purge the head an experiment.

TAke the seede of Stoni sacræ, and beate it all to powder, and when it is beaten small: take a fine linnen cloth, and put the powder therin, and make therof a little ball, the quantitye of a

hasell nut, and put it in thy mouth, and roll it to and fro betwixt thy teethe, chawing and holding downe thy head the space of an howre, and it will purge the head, and thy gummes, and keepe thy teth from aking, and also it clenseth all filthinesse out of the head and braine.

For to spurge the head of what cause so euer that there be.

TAke a handfull of Betony, a handfull of Camomill, a handfull of verueine leaues picked, stampe them and sethe them in blacke swet, or in ale, and in the latter end of the sething, put to it a little comin brayed, the powder of Hartes horne, and the yolkes of two egges, and a little saffron, and stirre them well about, and laye a playster thereof hotte ouer all his forehead and temples. Also put to it a litle vinegre: it is a remedy for to purge the head, and for the megrim be sure.

Another for to clense the head, the brest and the stomack.

TAke three handful of Centory, and sethe it in a gallon of water, vnto a pottell, and then clense it and put therto a pinte of clarified hony, and seth it softly to a quart, and drink therof two spoonfuls at once early in the morning, and late in the euening.

For all maner of head ache.

TAke verueine, Betony, wormewod, celydony, wallwort, rue, and the barke of the elder, hony, and peper, and all whole stamp them together, and seth them in water, and drink it early and late: proued.

Another experiment for the same.

TAke Rue, Hayhone, Betony, Verueine, Mintes, Hillwort, redde Fenell, Wormewod, Motherwod, of eche a handfull, washe them and shredde them small, then seth them with water in an earthen pot, and wash thy head with some of ỹ water, then mingle the hearbs with wheat bran, and make a playster therof, and lay it on the mould of his head, as hot as may be suffered: make a garland of a Reirebuse to kepe it on with, and within 3. times dressing of the patient, he shall be whole.

Another

Another experiment for all maner of head ache.

TAke Rue, veruaine, wormewood, Sage, walwort, Heyhoue, red Fenell, Planten, the greene of an Elder, beetweene the bark and the tree, of each a handful, wash them and stamp them small, put them in a new earthen pot with a pottle of red Wine and a pottle of stale ale, seeth it to the halfe, put therunto a quarter of an vnce of Peper beaten, and strain it through a cloth, and drinke thereof nine daies eight spoonfulls at once, at euening hotte and in the morning cold, and wash the patients head with the licor, and it will cure all manner of head ache.

Against the turne or daseling in the head.

LEt thy heade be washed with the water of the decoction of three leaued grasse, and laye a plaister of the hearbe to the patients forehead. Also mints laid to the head, taketh awaye the paines that come of a cold cause. Also mistletow laid to the head draweth out the corrupt humors, and the iuyce of Onions cast into the nosthrils, clenseth the head. Also seeth peniriall, and lay it to the temples, and power bawlm into the eares three or foure times in the Sun, and it will cure the patient of daseling in the head.

Another for daseling or swimming in the head.

TAke and make a plaister of culuer dung and wheat branne: temper them with the white of an egge, and lay it to the contrary parte of the head to that which is payned. Also the iuice of Iuie mingled with olde larde: is good for the swimming in the head. Also the pith of bread which was baken with Coriander seed laid to the head is good.

Against the rewme in the head.

TAke and make a pomander of the powder of Cucubes, maces, Labdanum and greek pitch: doth remoue from the braine all superfluous humors: Maces and Cucubes chewed in the mouth doo the same. A plaister made of garlick and cloues: stoppeth the humour, causing the rewme. Also Isop boyled in the embers and so laid to the head: stoppeth the rewm, and a little bag ful of darnell, salt and aniseed is very good.

A gargell for the rume.

TAke vineger, mustard, a good quantity of pepper and boyle them all together, then let the party so greeued put a spoonful in their mouth and walk vp and down, and when it waxeth cold spit it out and take an other: and vse it for a time, and for euery one spoonefull: you shall voyde fiue, take it not in the frost this hath been proued.

For the rume an other experiment.

TAke the iuice of Colewortes, and cast it into the nosthrills, and it purgeth the head: sorrell punned with the oyle of roses is good for the ache of the head. For the rewme in the eyes: take Time and eat it, and it driueth away the rewme.

For the rewme in the head an other proued.

AGainst colde rewme, and other passions and swimming of the head and such other qualities: take iij. pilles of Cassia, of Labdanum, and Storax confecta, with the iuyce of wormwood when the cause commeth of the head, this comforteth the braine also: make a fumigation of Cassia ligna ouer hoat coales and receiue the smoke thereof at thy mouth.

A quilt for the rewme, a speedy remedy, proued often.

TAke of Olibanum, Bengeum, Storax calamita, of ech of these halfe a dram of Labdanum ij. drams, of nutmeggs, & cloues of eche halfe a dram, of comyne a scroppill, masticke half a dram of maces halfe a scroppill, of Iugula Romana a dram, of bay berries a scroppill, of the flower of Roses, of camemill, of violets, of ech a dram, of the flowers of Betony a scropill, beat al these into grosse powders, and so let them be quilted with good red scarlet flockes, in a peece of black sarcenet, and to be laid vpon ye head to the nape of the necke, and let it lye there the space of xx. howers, and then turne it, and thus for the rewme it is most excellent.

An experiment for wounds in the head.

For to ceale the ache and swelling wounds that be sore in the head, or in any other place, so that the bones be not broken. Take Sallowes, wormwood, Betony, egrimony, Pillwort, of eche of these a handfull, wash them and stamp them, & put thereto 3. unces of wheat flower, as much hony, and as muche Barrow greace, and stamp them together, and put therto red wine, and fry them, and lay them warme to the sore, but lay a red cole leafe betwéen the plaisters and the wound, and it shall cease the ache, and take away the swelling thereof.

For all maner of euill aches in the head.

TAke betony, vernaine, wormewood, wayebread, rue, Wallwort, sage, the bark of the elder tree, 3 cornes of Pepper and temper them together in wine, & drink therof eche day a draught early and late, till that the patient be well. Also take the gall of an hare: and temper it with hony euenly, and anoynt therwith the temples. Also rew, and aysell, and smere thy head therwith is wholsome. Also camamill is good for the burning feuer that holdeth a man or woman in the head. Also fenell sodden in water, swageth the ache in man or womans head, when that the head is washed therwith.

Another for all maner of euill aches in the head.

TAke the greace of an hart, and blende it with barly mele and sorrell, bind them and temper them al together, and plaister it to thy temples: for this hath béene proued a right good medicine. Also take the iuice of Primrose, and the milke of a Cow and with a pen blowe it vp into thy nosthyrills, and it shal purge the head, and shall heale the partie so greeued of the head ache.

For to make a man to sleep.

TAke the leaues of white poppy and red nettles, and stampe them together, and put to it a little Beane flower, and laye it on a cloath, and so binde it to the forehead, and they shall slepe quietly.

To make one sleep that slept not in a long time before.

TAke white poppy seed, aniseed, of each a like quantitye, and beat them to fine powder: then take rose water, the white of an egge, and womans milk, and mingle all these together: but first beat the white of an egge very much and take away ẏ froth then take flocks as many as will lye ouer your forehead, and wet it in the licour aforesaid: thē sprinkle of the powder vpon it, and then lay it in a pewter platter vpon a chafing dish of coles for to take the colde of it, and so lay it to the forehead, and ẏ party shal take his rest and quiet sleep.

For to make a man to sleep.

TAke the leaues of Elder, and warm them betweē 2. tyles, and binde it to the nape of the necke, and it will make him to sleep. Also take ẏ leaues of Scala cæli, stalk them in a pot, and seeth them well and large, and at euen wash wel thy feet and legs vp to the knees, with that water, and no higher, then go to bed and thou shalt sleep right sound.

For to make a man to sleep.

TAke a quart of almonds blended, and halfe a li of hempseede, three times washed in clean water, and sixteen dates, stamp them together, and put therto good stale ale, and take an vnce of poppy seed bruised: and lay it in ale 3 or 4. houres and seeth them together, and strain them: and giue the sick to eat of it, & it shall make him sleep.

For to make a man sleep, and for to come to quiet rest.

TAke red roses, violets, the water of melliot lettice, of each a like quantitie a handfull: white popy, white henne, of each halfe a dram, a little dyll seed for to comfort the braine, braye all these together: then put them in a soft linnē cloth vi. inches long and iij. inches broade, quilt it and plight it to his forehead: also take oyle of water lillies, poppie, night shade, rose water, vineger and womans milke, dip clay therin and binde it to the temples: for it hath been duly and truely proued.

For paine in the eares.

TAke the iuice of wild colcumbers it taketh away the paine of the eares being put in: take and put the wood of the greene ashe tree in the fier, and lane the liquor that commeth out at the end, and put it into the eares, it easeth the pain for to eease: and for to amend the hearing. Also beat the iuice of wormwood and drop it into the eares: proued.

For paine in the eares.

TAke and mingle the iuice of betony with oyle of roses, & put it warme in the eares with a tent, and stop them well. Also take faire oyle olive, and let it be blowen out of a mans mouth that is cleane and fasting into the eares of the sick man: let this be don three or 4 times, and let that side of the head be turned downward, that the odour of the head may runne out. Also take almonds and the kernells of peaches, and let them be cleane pylled in hoat water, and make oyle of them, and let the oyle be put into the eares of the patient so greeued.

For the paine in the eares.

TAke oyle of roses, and a little vineger, and put it to the eare, then make a bagge of Camamyll and Pellylot, and laye it thereunto. Also take gose greace with a little hony, swageth the paines of the eares. Also Oyle of Almonds, is very good for the paine in the eares: also these wormes sodden in oyle of roses, upon hotte ashes in the rinde of pomegranet and droppey in the eares: also if there be water in the eares, take a little gose greece and the iuice of onyons, commixed together and so laye to the eares: proued.

For deafnes in the eare.

TAke a pece of greene ashe and put it in the fire, and take the droppings of that water, and take the droppings of a fresh water Eele, the oyle of bitter almonds, of euery one a equall portion, warme it by the fier, and let it drop 2 or 3. in the same eare so greeued, then take blacke ewes wull, and dip the wull therin and put into the same eare, and it will helpe the patient so greeued by Gods grace. Also take Betonye, and horehound, stamp

them

them in a morter, and wringe out the iuyce and let the pacient lye on that side, and so poure it into his eare, and let him take his rest: proued.

For deafnes in the head.

TAke a Hedgehogge and roste it and take the droppings therof, and put it to the patients eares so greeued, and stoppe it with blacke wooll, et fiet. Sometime there chaunceth deafnes, by winde, which is in the eare, the which causeth tynkling in the head, then take a little Aloes in hot water, or in white wine and distill it into the patients eare, then put a little Eustorbium in pouder into the parties nose so greeued, to make him for to neese and to auoid as much filthy humors as you may.

Another for deafnes in the head.

TAke secades, bay beries, betony, bay leaues, of each of thē a handful, seeth thē in white wine to the half, & for an old man in malmesse, then put it in a vessell that hath a narrow mouth, and holde your eares ouer it being vnstopped, hotte as you may suffer it, being not too hot nor too colde, also three drops of ye oyle of almonds, doeth the same.

For woormes in the eares.

TAke the iuice of woormewood, rue, sowthistle, and doo it in the patients eare, and he shall be hole, take the iuice of elder, and drop it into the eare of him or her so greeued: also take the iuice of cockle, and consetle it with the iuice of arssemert, and put it into the eares so greeued.

For ache and woormes in the eares.

TAke the iuice of henbane, and put it into thine eares, and it will take away the ache, and slea the woorms in them. Also take the powder of wilde gourdes, and the iuyce of arssemerte, and put it into the eares: also for the woormes in the eares, take centarie, and lickes, the iuyce of them both, and put it into the eares, and stop it with blacke wooll of a shape that grawetth between the legges.

For

For woormes in the eares.

TAke oyle of roſes, oyle oliue, oyle of ereter, Aqua compoſita, of eche of them a like quantitie: and compound your Aqua vita with other oyles on the fier: then take rue and the egges of Antes, beate them ſmall, and compound them altogether being well boyled, and then put it into the eares dipping it in three or foure times: and he ſhall finde eaſe.

To cauſe a man for to heare well.

TAke and make a rownd loafe, and fill it full of ſage, & bake it and when it is baked then breake the loafe in the middeſt and laye it to the eares as hotte as you may ſuffer it: and vſe this 3. or 4. times, and it will cauſe ỹ party ſo greeued for to heare well.

For the running in the eares.

TAke the iuice of elder dropped in the eare of the party ſo greeued, cleanſeth the matter and the filthe out thereof. Alſo the iuyce of violets is very good for the running of the eares. Alſo take the gall of a wether and hony, of both like potion: mingle them and put them into the eares.

For the running in the eares.

TAke the gall of a Gote and womans milk tempered with hony and myrhe: is a principall medicine. Alſo boyle the iuyce of Sengrene, and put it in a hollow ſkallion in the fier, and put the iuice that is ſtrained there-out into thine eare, and laye the onyon ouer the ſame in manner of a plaſter ouer the eare, alſo the vryne of a boy poured in the eare driueth vp the humors of the diſeaſe and taketh away the running of the eares.

For the impoſtume behinde the head.

TAke Beanes and mingle them with meale and the iuyce of Fenegreke, and it helpeth the patient ſo greeued with the impoſtume behinde the eare, but it muſt be laid plaiſter wiſe.

For the impoſtume behinde the eare.

A gargell for the rume.

TAke vineger, mustard, a good quantity of pepper and boyle them all together, then let the party so greéned put a spoonful in their mouth and walk vp and down, and when it waxeth cold spit it out and take an other: and vse it for a time, and for euery one spoonefull: you shall voyde fine, take it not in the frost this hath béen proued.

For the rume an other experiment.

TAke the iuice of Colewortes, and cast it into the nosthrills, and it purgeth the head: sorrell punned with the oyle of roses is good for the ache of the head. For the reume in the eyes: take Lime and eat it, and it driueth away the reume.

For the rewme in the head an other proued.

AGainst colde reume, and other passions and swimming of the head and such other qualities: take iij. pilles of Cassia, of Labdanum, and Storax confecta, with the iuyce of wormwood when the cause commeth of the head, this comforteth the braine also: make a fumigation of Cassia ligna ouer hoat coales and receiue the smoke thereof at thy mouth.

A quilt for the rewme, a speedy remedy, proued often.

TAke of Olibanum, Bengeum, Storax calamita, of ech of these halfe a dram of Labdanum ij. drams, of nutmeggs, & cloues of eche halfe a dram, of comyne a scroppill, mastick half a dram of maces halfe a scroppill, of Iugula Romana a dram, of bay berries a scroppill, of the flower of Roses, of camemill, of violets, of ech a dram, of the flowers of Betony a scropill, beat all these into grosse powders, and so let them be quilted with good red scarlet stockes, in a peece of black sarcenet, and to be laid vpon ỳ head to the nape of the necke, and let it lye there the space of iv. howers, and then turne it, and thus for the reume it is most excellent.

An experiment for wounds in the head,

For

For to ceale the ache and ſwelling wounds that be ſore in the head, or in any other place, ſo that the bones be not broken. Take Mallowes, wormwood, Betony, egrimony, Pillwort, of eche of theſe a handfull, waſh them and ſtamp them, & put thereto 3. vnces of wheat flower, as much hony, and as muche Barrow greace, and ſtamp them together, and put therto red wine, and fry them, and lay them warme to the ſore, but lay a red cole leafe betwéen the plaiſters and the wound, and it ſhall ceale the ache, and take away the ſwelling thereof.

For all maner of euill aches in the head.

TAke betony, bernaine, wormewood, wayebread, rue, Wallwort, ſage, the bark of the elder trée, 3. cornes of Pepper and temper them togither in wine, & drink therof ech day a draught early and late, till that the patient be well. Alſo take the gall of an hare: and temper it with hony euenly, and anoynt therwith the temples. Alſo rew, and aſell, and ſmere thy head therwith is wholſome. Alſo cammamill is good for the burning feuer that holdeth a man or woman in the head. Alſo fenell ſodden in water, ſwageth the ache in man or womans head, when that the head is waſhed therwith.

Another for all maner of euill aches in the head.

TAke the greace of an hart, and blende it with barly mele and ſorrell, bind them and temper them al together, and plaiſter it to thy temples: for this hath béene proued a right good medicine. Alſo take the iuice of Primrole, and the milke of a Cow and with a pen blowe it vp into thy noſthyrills, and it ſhal purge the head, and ſhall heale the partie ſo grécued of the head ache.

For to make a man to ſleep.

TAke the leaues of white poppy and red nettles, and ſtampe them together, and put to it a little Weane flower, and laye it on a cloath, and ſo binde it to the forehead, and they ſhall ſléepe quietly.

To make one sleep that slept not in a long time before.

TAke white poppy sæd, anisæd, of each a like quantitye, and beat them to fine powder: then take rose water, the white of an egge, and womans milk, and mingle all these together: but first beat the white of an egge very much: and take away ỳ froth: then take flocks as many as will lye ouer your forehead, and wet it in the licour aforesaid: thẽ sprinkle of the powder vpon it, and then lay it in a pewter platter vpon a chafing dish of coles for to take the colde of it, and so lay it to the forehead, and ỳ party shal take his rest and quiet sleep.

For to make a man to sleep.

TAke the leaues of Elder, and warm them betwéen 2. tyles, and binde it to the nape of the necke, and it will make him to slæp. Also take ỳ leaues of Scala cæli, cast them in a pot, and sæth them well and large, and at euen wash wel thy fæt and legs vp to the knees with that water, and no higher, then goe to bed and thou shalt slæp right sound.

For to make a man to sleep.

TAke a quart of almonds blended, and halfe a li. of hempsæde, three times washed in clean water, and sixteen dates, stamp them together, and put therto good stale ale, and take an vnce of poppy seed bruised: and lay it in ale 3 or 4. houres and sæth them together, and straine them: and giue the sick to eat of it, & it shall make him sleep.

For to make a man sleep, and for to come to quiet rest.

TAke red roses, violets, the water of melilot lettice, of each a like quantitie a handfull: white popy, white henbane, of each halfe a dram, a little dyll seed for to comfort the braine, braye all these together: then put them in a soft linnẽ cloth xi. inches long and iij. inches broade, quilt it and plight it to his forehead: also take oyle of water lillies, poppie, night shade, rose water, vineger and womans milke, dip slay therin and binde it to the temples: for it hath been duly and truely proued.

For paine in the eares.

TAke the iuice of wild cowcumbers it taketh away the paine of the eares being put in: take and put the wood of the green ashe tree in the fier, and saue the liquor that commeth out at the end, and put it into the eares, it causeth the pain for to cease: and for to amend the hearing. Also beat the iuice of woormwood: and drop it into thy eares: proued.

For paine in the eares.

TAke and mingle the iuice of betony with oyle of roses, & put it warme in the eares with a tent, and stop them well. Also take faire oyle oliue, and let it be blowen out of a mans mouth that is cleane and fasting into the eares of the sick man, let this be doon thrée or 4 times, and let that side of the head be turned downward, that the odour of the head may runne out. Also take almonds and the kernells of Peaches, and let them be cleane pylled in hoat water, and make oyle of them, and let the oyle be put into the eares of the patient so gréeued.

For the paine in the eares.

TAke oyle of roses, and a little vineger, and put it to the eare, then make a bagge of Camamyll and Mellylot, and laye it therunto. Also take goose greace with a little hony, swageth the paines of the eares. Also Oyle of Almonds, is very good for the paine in the eares: also these woormes sodden in oyle of roses, vpon hotte ashes in the rinde of pomegranet: and dropped in the eares: also if there be water in the eares, take a little gooce grece and the iuice of onyons, commixed together and so laye to the eares: proued.

For deafnes in the eare.

TAke a pece of greene ashe and put it in the fire, and take the droppings of that water, and take the droppings of a fresh water Eele, the oyle of bitter almōds, of euery one a equall portion, warme it by the fier, and let it drop 2. or 3. in the same eare so gréeued, then take blacke ewes wull, and dip the wull therin and put into the same eare, and it will helpe the patient so gréeued by Gods grace. Also take Betonye, and horehound, stamp

them

them in a morter, and wringe out the iuyce and let the pacient lye on that side, and so poure it into his eare, and let him take his rest: proued.

For deafnes in the head.

TAke a Hedgehogge and rosste it and take the droppings therof, and put it to the patients eares so greeued, and stoppe it with blacke woll, et fiet. Sometime there chaunceth deafnes, by winde, which is in the eare, the which causeth tynkling in the head, then take a little Aloes in hot water, or in white wins and distill it into the patients eare, then put a little Eustorbium in pouder into the parties nose so greeued, to make him for to neese and to auoid as much filthy humors as you may.

Another for deafnes in the head.

TAke secados, bay beries, betony, bay leaues, of each of thē a handful, seeth thē in white wine to the half, & for an old man in malmesie, then put it in a vessell that hath a narrow mouth, and holde your eares ouer it being vnstopped, hotte as you may suffer it, being not to hot nor to colde, also three drops of ỹ oyle of almonds, doth the same.

For woormes in the eares.

TAke the iuice of wormewood, rue, sowthistle, and do it in the patients eare, and he shall be hole, take the iuice of elder, and drop it into the eare of him or her so greeued: also take the iuice of cockle, and conserue it with the iuice of artemert, and put it into the eares so greeued.

For ache and woormes in the eares.

TAke the iuice of henbane, and put it into thine eares, and it will take away the ache, and slea the wormes in them. Also take the powder of wilde gourdes, and the iuyce of artemerte, and put it into the eares: also for the wormes in the eares, take centorie, and lekes, the iuyce of them both, and put it into the eares, and stop it with blacke woll of a sheepe that graineth betweene the legges.

For

For woormes in the eares.

TAke oyle of roſes, oyle oliue, oyle of ereter, Aqua compoſita, of eche of them a like quantitie: and compound your Aqua vita with other oyles on the fier: then take rue and the egges of Antes, beate them ſmall, and compound them altogether being well boyled, and then put it into the eares dipping it in three or foure times: and he ſhall finde eaſe.

To cauſe a man for to heare well.

TAke and make a rownd loafe, and fill it full of ſage, & bake it and when it is baked then breake the loafe in the middeſt and laye it to the eares as hotte as you may ſuffer it: and vſe this 3. or 4. times, and it wil cauſe ỳ party ſo greeued for to heare well.

For the running in the eares.

TAke the iuice of elder dropped in the eare of the party ſo greued, clenſeth the matter and the filthe out thereof. Alſo the iuyce of violets is very good for the running of the eares. Alſo take the gall of a wether and hony, of both like potion: mingle them and put them into the eares.

For the running in the eares.

TAke the gall of a Gote and womans milk tempered with hony and myrhe: is a principall medicine. Alſo boyle the iuyce of Sengrene, and put it in a hollow ſkallion in the fier, and put the iuice that is ſtrained there-out into thine eare, and laye the onyon ouer the ſame in manner of a plaſter ouer the eare, alſo the vryne of a boy poured in the eare driueth vp the humors of the diſeaſe and taketh away the running of the eares.

For the impoſtume behinde the head.

TAke Beanes and mingle them with meale and the iuyce of Fenegreke, and it helpeth the patient ſo greued with the impoſtume behinde the eare, but it muſt be laid plaiſter wiſe.

For the impoſtume behinde the eare.

TAke milke, and make a posset with allam, and let allam turn it, and lay the curd to it, and it shal breake. Also for to destroy an Impostume in what place soeuer that it be, take the rote of Hollocke and washe it clean, and sethe it till it be tender, and then put out the water, then take Lynsede, and Fenegreke, and dow therto barly meale, then dow them together, and frye them with bores greace, and lay it to the impostume plaister wise and it wil cure the same.

Item for all manner of sore eyes.

TAke fenell, rue, verueine, enfrance, endiue, betony, red roses lay all these a day and a night in whtte wine, and the 2. daye put them in a stillatorye, and let the water run with a soft fire, and kepe it in a glasse, and this water is as good as bawme for all maner of euils in the eyes, and also very good for the body.

Another for sore eyes.

TAke Fennell, rue, verueine, enfrance, betony, endiue, Sengrene, hyll wort, peneryall, red rose, maiden haire, of ech of them a like much, also 4. ounces of oyle olyue, stampe them and put them into a vessell of glasse, and still it in a stillatorye, and part it in 3. partes as it is stilled, the first water kepe by it selfe, for it is as precious as siluer, the second as golde, the thirde as bawme, all these waters must be kepte in very cleane Glasses, close stopped and so vse it.

A precious water for the sight of the eyes, made by King Edward the sixt.

TAke smallage, red fennell, rue, verueine, betony, egrimony, pimperuell, enfrance, sage, selondine, of ech a like much: and washe them well and cleane, stampe them, and put them in a faire brasen pan, and the powder of xv. pepper cornes faire serred into a pinte of good white wine, and put them into the herbs with three spoonefull of hony, and 5. spoonefull of the water of a man childe that is an Innocent, meddle them together & boyle them ouer the fire, and when it is sodde: strain it through a fine linnen cloth, and put it into a glasse, and stoppe it well and close

tyll you will occupy it, and when that nede is: do therof into the sore eyes with a feather and if it be waren drye: then temper it with white wine and it profiteth muche all maner of sore eyes. and this did King Edward the sixte practise for to cure all sore eyes.

For the pin and web, and fellon in the eye.

TAke the gall of a Hare, and hony, of each a like much, mingle them together: and take a feather and do therof into the eye or eyes, and it will heale them within two or three dayes, and saue the sight, on warrantise, for this hath bene proued.

For the pin and web in the eye.

TAke strawberies, a pinte or a quarte when they be ripe, and put thereto as much of white Wine, as of Strawberies, and then do them in a cleane vessell, and let them stand nine daies hotte, stirre them well euery day twice or thrice, and the tenth day do it in a bagge of canuas: and let it goe through hot, thou maist not wring it hotte, let it go by him selfe, then take the cleare, and do it in a viall of glasse & then take Calamint that is a stone, and do him in the fire, so that he be glorious hot and then quenche him in white wine nine times: thou must heate him, and nine times quench him in white wine, and when thou hast thus don, take the stone and beat him to small powder in a brasen morter, if thou haue a pinte of water, then do therin on vnce of the powder: and meddle them well together, and kepe it well and it is a precious water for the eyes.

For the pin and web in the eyes.

TAke enstras a good quantity, and stamp it well, and wringe out the iuice through a cloth: take bores grese, barows grece Capons greace, gose grece, and melt them together in a brassen pan, stirre them well together with a rounde staffe, and boyle it well, then let it cole, and put it in a box, do a little of this into the eye, when thou goest to bed lying vpright.

For to cleare the eye sight.

TAke and chafe the greace of all maner of fresh fishe water againste the Sunne, till that thou haue the slime thereof, meddle it with hony, and therewith annoynt thy eyes.

For to make cleare the eye sight.

TAke and drinke the iuice of rue and it shall cleare ẏ eye sight that if the Sunne dw shine he shal sée the stars at nwn daies. Also take the gall of a swine, or els the gall of a white cock, and put them in a glasse, and annoynt the eyes therwith nine daies, and thy sight shall be so cleare and as perfect as euer it was.

For the pearle in the eye.

TAke white ginger, and rub it on a whetstone of Norway into a peuter saucer, and dw thereto white wine, and thē take a fether and wash the eyes therwith, and this hath bē proued.

A water for a pearle in the eye, and for red blered eyes, and for to keep a man yong.

TAke lumuell of siluer, of golde, of laten, of lead, of Iron, of stéele, of litarge, of siluer and golde with a little camamil, as much columbine, & put these into the vrine of a man childe, and let it stand a day and a night, the second daye in warme white wine, the third day in the iuice of Fennell, the 4 day in the iuice of eggs, the 5. in Womans milke that nourisheth, the 6. in redde wine, the 7. day in whites of Egges, the 8 daye put them together and still them, lwk that nothing spill: then put the said water very close in glasses: this water destroyeth messelry, and all euill eyes, pearle or blered eyes. Also if a man drinke of this water it shall kéep him yong, the vertues of Water is very secrette: for it is called Aqua mirab.

For a blered eye.

TAke the iuice of cowslopps, and take the water distilled, and annoynt there withall the redde blered eyes: it taketh away the rednes.

For heat and swelling in the eyes.

Take

TAke white bread, and southernwood sodden in water, & therewith bathe the eyes: and it will drawe the heate and swelling of the eyes without any paine. Also for swelling or running of bloody eyes, take and sethe red snailes, and gather the grease therof, and annoynt thy eye stherewith, and they will be whole by Gods grace.

For smarting of the eyes.

TAke womans milke, and the iuyce of centorye, and meddle them together, and wash well thy eyes therewith, also the iuyce of betony is very good with white wine: proued.

For a mans eye that is blue or black, with a blowe or bruse.

TAke the white of an egge, and persely, and beate them together, and make it as thick as an oyntment, and laye it to the eye lyds all colde. Also take the gall of an hare: & temper it with hony, and annoynt the eyes therwith. Also take redde Snailes in water with capons grease, and annoynt the eyes therwith.

For the running of the eyes and for watry eyes.

TAke betony and hony a like much: frye them, and strain them through a cloth, and annoynte thy eyes therewith. Also take columbine, and wring out the iuyce, and annoynt therwith the eyes. Also take a redde cole leafe, and the white of an egge, and annoynt therewith the watring eye, when thou goest to bedde. Also to make thy eyes cleare and bright, take the bloud of small birdes and hony, and annoynt the eyes therwith, and thou shalt see cleare.

For blood shotten eyes.

TAke the tops of white wormwod, and filladane, the leaues thereof, stampe them and mire them with the white of an egge, and rosewater, and make therof as it were a plaster, and binde it to your eyes when you goe to bedde, and your eyes shal be whole.

For to driue blood from the eyes.

TAke the powder of Commin, of Warmote, and the white of an egge, and make a plaister vpon hard stare, and laye it to the eyes: also for to cleare the eyes, take warmot, rue, red fenell stampe them together: and temper them together with small white wine, and straine it through a linnen cloth, and so drop it at euening into thy eyes when thou goest to bed: lying vpright.

For bloody eyes and watry.

TAke a quarte of white wine, and put thereto the fatte of fyue peces of bacon, the bredth and thicknes of a groat, and a good saucer full of hony, and put them into a latten bason clean scoured, and stir them well together, and couer them with an other bason the space of nine daies, then take off that bason that couereth it, and ye shall finde a creame, breake the creame a little and poure out the water that is vnderneath softlye into a glasse and that water shall help all maner of red eyes and watering, vsing it dayly, put a drop into the eyes twice a day.

Another for blooddy eyes.

TAke the iuice of rue, and powder of Commin, meddle them together, then take cotten, and dippe it well together therein, and laye it to the eyes, and also annoynte the temples, the browes, and the lydds of the eyes therwith. Also take the rotes of red fennell, stamp them and wring out the iuice, & temper the iuyce with hony clarified, and make therof oyntments: and annoint therwith the eyes and it shall take away the rednes.

A medicine for a mans eye that is broke with a staffe or brused with any stroke, and hath been truely proued.

TAke a pinte of white wine, a handfull of red rose leaues, and as much comin as thou canst hold betwéen thy v fingers and do it therto, then séeth it well till it be almost sodden but not all sod away, then take that licour and put it into a glasse and therof do into the eye and do so fiue or six daies: and wash therwith the sore eye, and at euen make a plaister of the same leaues that

be

be ſod, and lay it vpon the ſore eye, and this will heale the eye, though the ball therof be cut or hurt with a rodde or ſtaffe, or any other kinde of bruſe in the eye, proued.

For the itching of the eye.

TAke the oyle of Tutlye, and annoynt the eyes therewith. Alſo Sumace is good for the itching of the eyes cauſed of hot humors, and walh them with that water before expreſſed.

A principall medicine prooued, for Man, Woman or Childe that hath any ſore eyes. And this medicine neuer fayleth, but reſtoreth the ſight.

TAke a ſtone called Calamint, and make it glowing hotte nine times: and quenche it foure times in Roſe water, and fiue times in white wine, then take this ſtone that is thus quenched and make of it ſmall powder in a brazen morter: then take frankencence, as much as of the powder of the ſtone, and make it alſo to powder, and lok that thou haue of them 2. euen portions: as much as thou wilt, & grind euery one by themſelues to ſmall powder, then take roſewater, and water of rue, and of Fennell of ech of theſe thre 2. portions: of the water of ſtrawberies, and the water of verueine, and the water of Enſtras, of ech of theſe thre: 3. portions, and do all theſe waters together, in a cleane veſſell, and then lok how many vnces thou haſt of thy powder, two ounces of the before ſaid waters that be medled: grinde the powder of Calamint and of Frankencence on a marble ſtone, as you would grinde vermillion: but thou muſt grind euery one of them by themſelues, then take freſh ſwines greace of a barrow, then wringe it through a cleane cloth, and loke that thou haue as much waight of colde greace as of thy mingled waters: take then thy grounded powder of Calaminte, and boyle it with thy greace and with thy mingled waters, with a ſofte fire of coales without any ſmoke: and when thou haſt boyled theſe well together: put then therto thy Frankencenſe pondered, and then boile them all ſo long till the ſmoake of the boylinges ceaſe, and then take

take it from the fier and let it cole, but from the time that thou settest it first to the fier for to seethe, be euer stirring it busily e till it be colde and thicke, then take Camfire, and pare it in smal peces, then take of thy oyntment euen as much, & grind them to gether by parcels on a marble stone, & when they be wel medled togither, the put it in a box & i. vnce of Calamint, & i. vnce of frãkencence enfrance 3 d, & the waight of 3 d. of Camfire: and they y haue any greuance or sickines in his eyes, at euen sitting on his bed take of this oyntment with thy finger as muche as a wheat corne, and holde it in thy eye vntill it be relented, and then dip thy finger with the oyntment softly betwene the liddes of his eyes, and then let him lye downe and slepe, and on the morow when he riseth, wash the eye with rosewater, or with enfrance water, or with fennell water, or with Rue water: these waters be good therefore, but ere thou wash the eyes therewith, heate the water a little ouer the fier, but lok that thou wash not with fasting spittle, nor with no other thing but with one of these waters before said, and thou shalt be whole: surely proued.

For the Impostumes in the head.

AGainst the Impostume of the eyes and webbe of the same, put the iuice of hony suckle thereof often therein, or mingle it with pure hony and strayn it and it wasteth the impostume & the webbe marueilously, and it was thus proued. One toke a cocke and a whelpe, and pricked their eyes with a crooked Iron or nedle, so that they semed that their eyes were out, and then he bruised this herbe, and put it in their eyes, and they became faire and cleare as they were before, whereof hee had maruell, and proued it many times vpon diuers persons.

For woormes in the eye liddes.

TAke salte and burne it in a clout, and temper it with hony, and with a feather annoynt the eye liddes when the partie goeth to bed.

For woormes in the eye liddes.

Take

TAke baye salte and burne it in the fire and then stampe it: and do thereto clarified hony and the iuyce of Gallam, and a little copperas and annoynt the eye lidds when thou goest to bed, and this medicine shall slea the wormes that be in the eye liddes: proued.

For stinking at the nose.

TAke cloues, ginger and Calamint of eche a like much, & stepe them in white Wine, and therewith washe the nose. After that put in the powder Pietum to prouoke one to neese, if there be replectio seame in the head: firste you must purge the head with pylles of Cochie or of Hiera picra. Also if the stinking of the nose come from the stomach: first helpe the stomach, et fiet.

For the polixe of the nose.

AGainste the polixe of the nose: make a suppository or tent of a plaister called Apostolicon: and put powder of Copperas thereon and put it into thy nose: or make that tent of cotton, and wette it in saltwater and lay of the said powder thereon, and put it in thy nose: the said powder is also good to frette the proud flesh of superfluitie of blod of the nose, first burne it, and put it in olde parchment breat and made powder therof, and take mastick, and then make a tent of Bursa pastoris, with part of a clone called Enachitas, and put it in thy nose.

For the polixe of the nose.

TAke and put the iuice of Iute into thy nosethrilles, is very good: the gumme of Iuye made in an oyntement, is called Dialthera, and hath power to chase and to consume. Also against the polixe make a tent of Apostolicon, and the powder of burnt hasell: and laye it to the nose et fiet.

For the pose in the head.

AGainste the retwine or pose, medle the powder of comin sade, and bay beries: and put them all hot in a bag, and lay them so to the head for the pose.

For the nosthrill a medicine.

FOr the highnes of the nosethrills, and rednes caused in fluxe of humors: take the broth that Olibanum is sodden in, and first in the morning pilles of Olibanum, and at night to bedward the said broth: these pilles comforteth digestion, and purgeth the stomacke.

For bleeding at the nose.

TAke and meddle the powder of betony, with as much salt, and put as much as ye can take betwéen two fingers and a thomb in the nosethrils: and the blood will staunch, also take and wet cotton in the iuice of Bursa pastoris, and cast powder of Antimonium vpon it: and the bléeding will stent.

For bleeding at the nose.

TAke a dram of Bolæ armoniacke washed, and mixe it in rose water and plantayne water, and drink it, then binde the extreme partes as hard as you maye, and after make a tent of gréen nettles, and put into his nose. Moreouer it is good that the patient doo hold in his hand egrimony with the root and all, and drink the iuice of knotgrasse, the blood will staunch.

For bleeding at the nose.

AGainst the bléeding of the nose that commeth by ebulition, or boyling of the blood in the liuer and vaines: in sōmer make beanes wet in the iuice with Rosewater, and laye them to the forehead, temples: and to the liuer is very good for to wette it in water onely, it hath béen proued.

Against the bleeding at the nose.

TAke and wette the pithe of an elder in the iuyce of Bursa pastoris, and cast powder of sumac thereon, and put it to thy nose. Also take and wette cotten in the iuyce of bloodwort, and put it into thy nose, and it stauncheth blood. Also take the iuyce of nettells, and rub well thy forehead therwith and it will staunch it. Take the séed that hangeth vpon a hasell bow and burn it, make powder and blow it into thy nose, with a goose quil, or drink the iuyce of plantaine, and the blood will staunch presently.

An experiment for the tooth ache.

TAke betony and wilde gourdes, and set them in wine, or in vineger, and then put it into thy mouthe as hotte as thou maiest suffer it, and holde it a good while in thy mouth: and it will take awaye thy paine. Also take henbane and bruse it and hold it betweẽ thy teth a good while, and laye it also vpon the toth that aketh: and it wil asswage the paine. Take three or 4 rases of ginger and bruse them with halfe a pinte of Ale, being sodden therein till it be wasted to a quarter: and put it into the parties mouth as hot as he may suffer it: and it will take away the toth ache.

For the tooth ache.

TAke strong Ale, and Mulberd of the best, and gumme elder, and put it in a porringer and set it ouer the fier, and stirre it: and when it is thicke: take it and holde it on that side that the paine is. Also take henbane seed, and seede of leeks, and frankensence, of each a like much, and lay these 3. on a glowing hot tyle stone, then take a pipe of laten that is wide at the lower end and small aboue, then set the wide end to the stone: and the small to the top, and let the smoke goe vp to the top, for this will slea all the wormes: for it hath been proued.

For the tooth ache.

TAke the root of henbane and seeth it in vineger till the 3. part be sodden away, and with the same wash thy mouth and hold it in thy mouth a good while, and it will slea the ache: also take the roote of henbane and holde it betweẽ thy aking teeth: and it will driue away the pain therof.

For hollow teeth.

TAke Assa fetida, and put it in the hollowe toothe, and it shall help them. Also take rie and laye it to the hollowe teethe and chewe it in your mouth and laye therof into the hole: and it shall asswage the paine therof.

For hollow teeth.

TAke vineger and mustard, ponder of pepper & pelitorye of Spaine, and the turnell of a nutte gall, and boyle them all together, and put it in the hollow teeth, or alle about the gums

hot, and thou shalt be whole. Also take the seedes of henbane, and beat it to small powder and meddle it with wax: and make a little pellet that it may be full of powder, without forth: and put it in the hole of the hollow tooth that aketh, and it will slea the tooth ache that is hollow, and this hath been proued.

For woormes in the teeth.

TAke pepper and stamp it, and temper it with good wine, and suppe therof warme, and hold it in thy mouth till it be colde, and then spit it out and thou shalt be deliuered of all anguish of thy tooth ache. Also take the seed of henbane, & cast it on a chafing dish of coles of charcole fire, and hold thy mouth ouer ẏ fier that the smoke may enter into thy mouth ouer a bason of faire clean water, and thou shalt see vpon the water as it were small woormes that shall come forth at thy mouth. Also take tansie, bray it, and stop the hollow tooth therewith, and it wil kill the woormes and take away the paines thereof proued.

To make teeth fallout of them selues.

TAke ground woormes, and a red hotte tyle stone, and burne them to powder, and put the ashes into the hollow tooth, and couer it with wax, and they will fall out of thē selues. Also take the root of henbane, and make it in powder, and touche the tooth, and it wil fall out, take heed ẏ you touch not any but that which is sore. Also burne to powder a harts horne, & rub thy teeth therwith, and they will fall out. Also make dowe of wheate flower, with the milk of spurge, and lay it about the tooth that is pained and it shall fall out. Also take a water frogge, and a green frogge and seeth them together, and gather the greace, and smere therwith thy goums about the teeth, and they will fall out quickly.

For yellow stinking teeth.

TAke sage a quantitye, and do as much salt thereto, and then do it coffen as thou wouldest make a pastye, and bake it in an Ouen all to colde: and thereof make powder, and therewith rubbe thy teeth. Also take greene brainches of broome, and

burne

burne them, and make powder therof, and doo therto of as much of the powder of allam brente, then meddle them together and temper them with water, and there with fronte well thy teeth, and that will doo away the yellownes and blackenes: and the stinking of the teeth. Also take 2. handful of commin: and stampe it small, and seethe it in Wine: and giue the party so greeued to drinke xx. dayes: and it shall help them. Also masticke chewed within a mans mouth taketh away the tooth ache.

To make teeth white that be yellow or black.

TAke flower of rye, and salt, and hony, and meddle them well together: and therwith fronte well thy teeth euery day 2. or three times, and after wash thy mouth with water, this will do away the yellownes, & make thy teeth white. Also take white marbell, cuttle bone, white corall, salgeme, baye salt, masticke and the pills of Citeron of ech of these a like much, make them in very fine powder, and rub the teeth therwith euery morning, & afterward wash your mouth with white wine, where hath been sodden dyll, or cammomell. Also take vineger of squills, and dip a little peece of cloth therin, and rub thy teeth and gummes with all, the said vineger fasteneth the gummes: comforteth the roots of the teeth. Also scuruy grasse dooth the same. Also distil a water in a limbecke of 2. parts of salgeme and the third part of allam, and rub the teeth with a cloth dipped in the same: and it maketh the teeth white and clenseth the gummes.

To make the teeth cleane.

TAke rosemary, sage and a quarter of Allam and honye, and boyle them together in faire running water, and when it hath beene well boyled: strain out the faire water and keep it in a glasse, and vse it sometime to washe your mouth and the teeth therewith and it wil make them clean. Also wash the teeth with the decoction of our Lady thistell root, and thy teeth shal be fastened and also kept clean, and thy gummes being sore about the teethe shalbe made whole. Also the roote of horehound drunke or chewed of a man fasting: dooth quickly heale the gummes, and

maketh the téeth cleane. Also strawbery leaues taketh and clenseth the téeth and gummes: a sure and tryed experiment.

For the gummes.

AGainst swelling of the gums, wash them firste with vineger and allam confecte together, but firste set ventoses, or boxes with scarification on the necke or shoulder, or set the ventoses in the hinder part of the head and scarifie it 3 daies, then lay horseleches to the gums, and washe the gums with vineger wherein allam, nutgalls and roses hath béen sodden in, and with the same vineger wash thy mouth thrée or foure dayes twice or thrice a day, and it will ease thée.

Also against the rottennesse of the gummes, take Cyngstyle and rub the chéeke therwith: and it taketh away the rotting of the gummes.

For the gummes that bleed.

AGainst the bléeding of the gummes, take powder of corall, and of anthero that is in the middest of the Rose, and laye it vpon the gummes, or confecte it with honye, and annoynte the gums therwith, the powder of corall put to the gummes: healeth them. Also for the gums that rotteth: rubbe them with mirrhe, and it will do it away. Also the fume of mirrhe receiued at the mouth comforteth and purgeth the braine.

For the gummes that are gnawen.

TAke and séeth cloues in water of roses, and then dry them, & make thereof powder, then temper the powder with rosewater or with roses, and that is best, and then dry it againe in the sun, and do so 3. or 4. times, and then temper the powder againe with rosewater or with the iuice of roses, and anoynt the gums therwith, and lay the powder on them.

For blisters in the mouth, and swelling of the lips.

AGainst the blisters in the mouth and swelling of the lippes: take and séeth the leaues of mastick in vineger, and with the same make a gargerisme therof. Also against fleayng or rawnes

of

of the mouth coming of feuers and against smal blisters & swelling: seeth yolks of egges in water, and then frye them till oyle come out of them, and with the oyle confecte the powder of pennets of dragagant and amidon, and annoynt the greef, this powder confect with sirop of roses or violets is good therfore.

For chipping of the lippes.

FOr the chipping of the lips: take pennets and delaye them in water of dragagant, and anoynt the lips therwith.

Also for lippes that be broken with the winde, take the oyle of almonds and Propolio, boile them ouer the fire, and let it be somwhat hard, and therwith annoint thy lips so chipped with winde. Also for new clifts or chipping of the lips: lay the powder of canell in the cliftes, and keepe well thy lippes together, and binde a cloth therto.

For swelling of the cheek that commeth of the tooth ache.

TAke the iuice of the seed of nettles, and the white of an egge, Frankensence and wheate flower, and make thereof a plaister and laye it to the sore cheeke: and it will doo away the swelling therof.

For the canker in the mouth.

TAke a pinte of white wine and as much running water, and the crops of sage, two spoonefull of life hony and as muche allam as an egge, boyle all these together and skim it wel, clarifye it till the allam be consumed, and when it is somewhat cold: put it in a glasse and vse it. Also take the root of selendine & seeth it in white wine, and when it is well sod: take the pot down, and let the sick hold ouer his mouth, and let the breath goe into the body and it shall slea the canker.

For the canker in the mouth.

TAke the iuice of woodbinde, and the iuice of red woorts, hony, powder of camimill and pouder of wilde sage brent, also take red wine a pinte, a quarter of a pinte of hony and as muche allam as a doues egge, and seeth them till the third parte thereof be wasted: proued.

Also

Also take vineger, allam, mustard, rue, auence, Isope, herb Robert, and salt and straine them through a cloth as hot as you may suffer it, and washe thy mouth oftentimes therwith, and it will heale the canker.

For the canker in the mouth and for stinking breath.

TAke a handfull of woodbinde, as much plantein and bray them small, then take a pinte of ayrell, and another of water, and a quantitie of hony, an other of allam, kéep all these waters together in a glasse, and wash well thy mouth therwith: and holde it in thy mouth, and it shall destroye all cankers and stinkings breath, and saue the teeth from rotting.

A very good water for a canker or sore mouth.

TAke a handfull of woodbinde, as much plantein, and halfe a handfull of lauender cotten, as much sage, an vnce of white roche allum, and three spoonfull of hony, bray all these in vineger lot these be moderatly warmed, and put it into a still with the herbes and softly dilliled, and after meales washe your mouth therwith three or foure times a day: proued.

Against cliftes and sores in the mouth: Kéepe dragagante in rose water, and wring it in a cloth, and with a glewy substance that commeth out, mingle the powder of Amidum, and with a feather wet therin and annoynt the sore mouth therwith, and it will heale anone.

Also for a man that cannot well eate, take Ambrose, penyrial, aunce, ache, Organum, rue, stwill these togither with water, and drink the water morning and euening till thou be whole.

For vnsauery mouthes.

TAke the iuice of endiue with sugar, and if the iuice be thick or troubled: clarifie it, and so may all other iuces in this wise. Set the iuice of endiue a litle and let it stand, and that which is thicke will goe to the bottom, then take the thin licour, and straine it often through a cloth, and wring it, and with that

iuice

iuice in the bottom, make Syrop with Suger, if ye will make it thinner: put the white of an egge thereto.

For stinch in the mouth.

TAke and make pils of Casia lingua and eate of them, and they be good for the stinche of the mouth. Also for the stench of the mouth caused of rottennes of the gums and teth: take and wash the mouth with water that garden mintes be sodden in, and rub the tethe with the mintes, or els with the powder thereof. Also chew maske, and it will dew away the stinche of the mouth. Also take the iuice of verueine and braise it and put it in thy mouth, and holde it a good while close in thy mouth, and it will take away the stench proued.

To take away the stinking of the mouth.

TAke and wash thy mouth with water and vineger, and chew mastick a good while, and then wash thy mouth with the decoction of annisedes, Myntes, Cloues, sodden in Wine, if the stinkinge of the mouth come of a rotten teth: the best is for to haue it drawen out. Also you muste washe your mouth before meat and after with warme water.

For to clense the mouth, and to purge the humors from the mouth, which descend out of the head, it is good euery morning fasting to wash your mouth, and to rubbe your teth with a sage leafe, pilles of citron, or with powder made with cloues or nutmegs, you must forbeare all meates of euill digestion, and raw fruites.

For a stinking breath.

TAke oyle Doret, Turpentine, hony, oyle olive, virgin ware. as much the one as of the other, and boyle them all together and make an oyntment thereof, and vse it euery daye in the patients nosethrills, and let it be put into the nose euery day with tents made of lint scraped of fine linnen cloath, and he shall be whole.

For a good breath.

TAke and wash thy mouth with the water that the shelles of Citeron haue bin sodden in, and thou shalt haue a good breth.

Also these confections make the breath swet, the electuary of Aromatikes, and the pils of Citrons. Against letting of the breath caused of cold humors: take and drink the herbe dawke and that dry figgs haue been sodden in, and it will make the breath swet and holesome: proued.

Take red mints and rue, wring the iuice in the sicke bodies nosethrilles when he goeth to bed.

For the tung.

AGainst the sharpenes and drynes of the tunge: put this gum in water which is called gum arabike, till the water be slymye, and with that slime moyst ỹ tung, or bind the gum in a thin cloth, and put it in water till it begin to melte, and with ỹ same cloth rubbe thy tongue and it will take away the vse thereof. Also for the roughnes of the tongue, put the sedes of quinces, or the curnells in a fine cloth, and washe thy tung therewith, also take Psillium or the sed thereof.

For drines of the tung and for thirst.

AGainst drynes of the tung of the feuer ague, put the seede of fleaworte, and binde it in a fine linnen cloth, and then put it in cold water, and therwith wash and rub thy tung and scrape it with a knife. Also for thirst put the sede of fleawort in a bagge and lay it on the tung.

For thirst in the tung.

AGainst thirste in the tung, giue Ptysan that Dragagant is dissolued in a night, or make syrope with water that barly and Dragagant is sod in, and it is conueniable for feuer agues, or if Dragagant be holden vnder the tung.

For the palsie in the tung.

TAke and vse great strong ground mustard, the powder of pione well scalled, pouder of sage, nutmegs and of Suger, do these powders in the mustard and eat euery day at meles therof and it will take away the palsie of the tung. Also mustard sed sodden in ayle or wine: is very good against the palsie. Also take

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the powder of Casterium, and holde it vnder the tongue till it be molten or dissolued.

For the palsie in the tung.

AGainst the palsie of the tung, that is when the tung is full of holes, and the patient cannot speake because the sinewes of the tunge is full of humors: as it appeareth often in feuer agues, therefore dw chew the sæd of cresses, and hold it vnder the tung: proued.

For him that hath lost his speech.

TAke sage, pimpernell, stampe them well and anoint his tung vnderneath with the iuice thereof, els take the iuice of sage and pimpernell and dw it in his mouth. Also take ache mintes, red betony, and lay them into gotes milk, drink it morning and euening. Also take 3. vnces of betony, and swæt milke of a goat, temper them together and drinck it thræ daies togither, for the palsie moste pretious.

To restore speech that is lost sodenly.

TAke penerall, and temper it with aysell, and giue the sick to drinke it, laye also a plaister of this to his noselthrills to græued.

For a man that sleepeth and cannot speake.

TAke Galbanum and set it ouer the fier with a candle, & make it smoke, and put the smoke to his nose, and thou shalt cause him for to speake.

Also take the iuice of sage, primrose, and dw it in his mouth and hæ shall speak by Gods grace. Also take the iuice of græne morrell beries, and clarifye it well and drink thereof: and thou shalt slæp.

For sunne burning.

TAke the iuice of lymons, with a little bay salt, and wash your face therewith, and let it drye in, and dw so 3. or 4. times, and it will helpe you. Also take half a pot full of raine water, and fill it vp with veriuice, and sæth it til it be consumed away, & in the time that it is a boyling, fill it with the iuice of lymons, & when it is soden: take it of and let it cole, and then take 8. newe layde

egges the whites of them, and beate them fine, and put fine suger to it, and so occupye it for sunne burning.

For red pimples in the face.

TAke a little roche allam, and breake it in small peces, then take the white of a new laide egge and put it in a pan that is leaded within, set it to the fier til you see it boile, and stirre it all the while with a litle stick til you see it wax hard, take this and annoint your face therewith. Also take rosewater, and water of wilde tansie, and medle them together, and therwith anoint thy face: and thou shalt be whole.

For pimples in the face.

TAke and wash your face when you goe to bedde with warme water, and let it drye in, take the white of an egge, and put it into a saucer, and set it vpon a chafingdishe of coles, and put into it a pece of allam, gather it together with a spone til it come together, and make a round ball, and therewith anoint the parties face where the pimples be.

For heate and blaines in the face.

TAke the whites of 2. eggs and beat them with an allam stone till they come to curd, then take it and set it vpon a few embers, and alwaies stir it as it doth gather to a curd, then take it off, and put it vpon a painters stone, & put thereon Vnguentum populeon half the portion, and of allam as much as your thomb, so fine beaten as may be, and this grind with all the other ingrediens a long while, and put it in a glasse or pot: and therewith annoynt thy face.

For a rich face.

TAke three yolkes of egges raw, as much in quantity of fresh butter or capons greace without salt, camphier ℥.d. red Rose water halfe a pinte, 2. granes of liuet, and boyle all these together in a dish, and then straine them through a clean cloth, and so set it to keele, and take the vppermost and boy it. Also take Populeon, brimstone and fresh butter, and a handful of red sage and stamp and straine them, and then melt all together: and put in a

boy.

bor. Also take white copperas, 1. ounce 1. pinte of running water and boyle them altogether to the halfe, and skim it cleane, and straine it, and put it in a glasse and set it in the Sunne, then washe thy face with a feather, and annoynte thy face therewith euening and morning till it be whole.

For a sauce flamed face.

TO annoynt it by daye, take 8. d of Camphier, and as much of boxes greece as a costard apple, and mingle them together finely til you can perceiue none of the camphier, then put it into a boxe, and keepe it as closse as you can from the ayre. Also to annoynt the face by night, take a quantity of deares suet, and put thereto a litle boxes grece, and a quantity of brimstone, and boyle them together with a quantitye of coperas, and a pinte of vineger or claret wine: and boyle them by themselues together and therewith annoynte thy face.

To make a good oyntment for a sauce flamed face.

TAke an vnce of oyle of bayes and an vnce of quicksiluer, and do them in a bladder together, with a spoonefull of fasting spittle, and then rub them well together, that they se nothing of the quicksiluer, and then take of this oyntment when that it is made, and annoynt the sauceleme face therewith, and heale it well and faire, on warrantise, proued true.

Another ointment for the sauceleme face.

TAke the rootes of Louach, and of Docke rootes, the toppes of nettles and Cellondine a like muche, the quantitye of three ounces, halfe a pound of the beanes of perseley, and braye them well in water, and do thereto two pounde of boxes greace, and stamp them well together and let them stand still 4. daies, after set it ouer the fire till it sethe, then straine it through a faire cleane cloath, and then do thereto fine frankensence, myrre and masticke, of each an vnce, and let it boile eftsone with a easie fire and stir it well with a speece, and then let it kele, and when it is colde put thereon 2. vnces of quick siluer, and meddle them together, and therewith annoynt the sauceleme face, and this wil heale it, proued.

Another medicine for the sauefleme face.

TAke the pety mozell and still thereof a quarte of water, and take a quarter of a pound of camphier, and heate a little the water and then put the camphier therin, and then mingle them well together, and put it in a glasse and stoppe it well, but thou muste bruse a little of the mozrell in a mozter, a little before thou do still them, and with that annoynte the sauefleme face, and with this water you may heale any man of the sauefleme face, full often proued.

For heate or swelling in the face.

TAke and boyle the leaues oz the blossomes of rosemary, eyther in white wine oz faire water, & vse to wash thy handes and face therewith, and it will preserue thee from all inconueniences, and also to make thy handes and face smoth.

For wrinckles in the face.

TAke white wine and a little bryony, and a dry fig that is fat, and annoynt your face and goe till you do sweat againe.

For a man that sweateth too much.

TAke lynseede, and lyttuce, and stampe them together and laye it to thy stomack.

For to make the face faire.

TAke the flowers of rosemary, and seeth them in white wine, with the which washe your face, if you drinke it: it will make you haue a sweete breath. Also to white the face, put this powder of Sepia in oyntment citerium, and annoint the face, oz make powder of the rot of serpentine and of this bone, and meddle it with rosewater, and let it drye: and then put it to the same water againe, and let it drye, and do this 4. oz 5. times, and anoint the face withall.

For a childe that is iawfall, or moldfall, or roffall.

TAke a handfull of Chickweede, and lappe it in a redde Cole leafe, oz els a linnen cloth, and rosse it in the hotte embers in the fire and it shall be a grene salue, and then laye the sayde salue to the bone of the necke as hotte as it may be suffered, and

take

take soure leauen of white bread, and crumme it on the moulde of the childes head as a playster and it shall raise vp the bone or mould, by the grace of God within ix. houres.

For collour and short breath.

TAke a galland of ale, and put therto a pennywoorth of lycoris scraped, and a halfepenywoorth of annisée d, a litle lynsée d and a handfull of Isope, as much penyriall cleane washed, and let them séeth to fiue pintes, and drink this morning and euening, till you haue ease.

For a hoarce voice.

TAke the broth that red colewoorts haue béen sodden in, and mingle it with 7. or 8. penydis, and an vnce of sirope of mayden haire, and giue vnto him when he goeth to bed, take Dyairis simple, and a lossing of the same at morning and also at night.

Another remedy for a hoarce voice.

TAke great raysons, figgs, suger, cinamon and cloues, of euery one a little, séeth them in good wine, of the which ye shal giue to drinke morning and euening 2. ounces at a time, except he haue a feauer. Also it is good to take morning and euening a spoonfull of the syrup of Iniubes mixt with a roote of lycoryse in maner of a locsanum, if with the saide hoarcenes there discende abundance of water to the mouth: it is good for to make an electuary of halfe dyairis, and halfe diadrigantum, and vse it first and last.

For to open the pipes and to make the voice cleare.

TAke a figge and put him in the powder of Isope, and eat euery day a figge, and it shall helpe him, one warrantise.

For a sore throate or mouth.

TAke quint faile a good quantitye and stampe it, and boyle it in faire water in a posnet, holde thy mouth open theron, and let the aire thereof into thy throate as hot as thou maiest suffer it, sup and holde it in the mouth, and as it kéeleth in thy mouth: spit it out and so take fresh and fresh.

A syrrop for a sore throte.

TAke halfe a pinte of the iuice of mulberies, a pinte of clarified hony, and a quatter of a pinte of claret wine, seth them altogether till they be consumed. Also take woodbind, sage, suger, and roses of eche a handfull, sæthe them in faire water till the strength of the herbes be sodden, then take .x. or xij. spoonefulls of the syrrop of mulberies, and gargell your throate luke warme, and spit it out, and this vse often times till it be whole.

For a sore throte.

TAke the oyle of Camemile, and of violets, and the oyle of Almonds, and the greace of a henne as much as of all the others, and mingle all togeather and annoynte the throat therewith, washe it well or pick it. Take the dunge of an Asse and the dung of swallowes and make it in powder, and put it in Wine, and gargel it in your mouth and throate as hotte as you may suffer it. Also take the swallowes in the nest, and a pound of the oyle of cammimyle, and the oyle of almonds, as muche of the one as of the other and lay to it.

For the swelling in the throte.

TAke the grén barke of the elder, and baye salt, beat them together till they be somewhat small, and lay it to the swelling of the sore throte.

For the quinsie in the throte.

TAke Cinkfoyle, and sæth it in running water, and put it in a pot with a narrow mouth, and let the patient holde his mouth ouer the pots mouth, so that the ayre maye enter into his throte, and then when the water wareth colde: wash thy throte within and without, and the quinsie shall vanish away: proued.

For the quinsie in the throte.

FIrst let the party so diseased be let blod on the lefte arme or the liuer vaine, three or foure vnces, and let him gargase it with wine vineger and water warmed together of eache a like quantitye, gargaseit often times, and spitte it out, and let him

haue metridatum in white wine, and let him sweate vpon it an houre or two, and if the quynsie be swolne al ready in his throat then let him take that followeth. A plaister for the quinsie, take a swallowes nest as you finde it, with bird or with eggs, or else without, and put to it 8. handfull of mallowes with as much water cresses, boyle them together in milke vntill they become softe, and till the milke be cleane consumed, then beate it in a bowle vntill it come to a plaister, and take as much as your fiste of the same and make it warme, and put it lyke a plaister about your neck where the swelling is as hot as you can suffer it, and so change it often times, vntill the paine be gon.

For the quinsie in the throte.

TAke hotte bread, and put it in hony, and it shall drinke it vp, and lay it to the necke as hotte as you may suffer it, and take the iuice of Planten, and gargell it vp and downe thy throate: and it will ease the paine thereof. Also take the berries of Mulberies and make iuice thereof. And sethe it in a little oyle and wine, and put vineger therto, and so gargle it. Also an electuary made of the iuice of the beries with scummed honye is good for the same, and it may be kept x. yeres in seeds of Dianorum for the quinsie.

For the cough.

TAke Hope, great raysens, and figs, of ech a little handfull, licoris 1 vnce, boyle them in water till ỹ 3. part thereof be wasted, giue the party so greeued for to drink twise a day in the morning 2. houres before meat, and at night 2. houres before supper and it is good for to eat a losing of Diairis or Diapeaidion, if you will haue it stronger: put to them in the decoction a little Colewortes, annyseeds, and fennell seeds, with the seeds of nettles, of ech two drams.

Against the cough a medicine.

TAke the rote of Enula campana, horehound, holyhock of eche of them a like muche, sethe them all together in white wine with a dosen of fat figs, and with a litle licoris, drink thereof a draught euery day twise.

For a dry cough.

TAke annifeeds, and ashe seeds, violets, and beat them to powder, and stamp them with euen portion, and seeth them together till they war thick: and do them in a bore, and let the sicke eate first and last therof.

For the cough or stoppings.

TAke the powder of Isop, the powder of annyseed, powder of ginger, ponder of lycoris, and mingle them with hony clarified, and eate therof till thou be whole, Also for the cough take a little brimstone and make powder therof, and put a litle therof vpon a bourd or trencher, and take a sticke or cole of fire and put it in the the brimstone, and let the party so greeued holde his nose ouer the said brimstones fume: and it shall breake the great cough, and also it is very good for the pose and rewm in the hed: proued.

To make a powder for the cough.

TAke suger candy, enula campana rotes dryed, but nothing so much enula campana as suger candy, and do 2 or 3. cropps of Isop drye, and a race of ginger, and beat them together, and eate of these powders morning and euening till thou be whole.

To make sirrop for the cough.

TAke a pinte of Isope water, half a pint of clipped rosemary a quarter of a pound of suger candy, 3 spoonfull of anyseeds bruised, 3 spoonfull of lycoris sliced, seeth all these together vpon a soft fire untill it come to a strop, then straine it and take a spoonfull of it morning and euening, and let it goe softely downe by gowlkes.

For the perillous cough.

TAke white Horehounde and stampe it and wringe out the iuice and meddle the iuice with hony and seethe it, and giue the sick to drinke therof. Also take a garlike head, and rosse it, and take away the pills and eate it. Also take a colwort lefe and strike the inner side the leafe with may butter, and lay it to the sick mans stomacke or belly euerye morning and euening, and giue him no milke nor butter nor cheese nor any salt meate, nor

fat porredge, nor nuts, nor Apples, but make the party porredge, with leaues, and roste him an onion, and set him eate it with a litle pepper and hony, put therein and vse it often.

A goodly secret to heale the cough in a day or two rubbing the feet beit neuer so whemant.

TAke 2. or 3 garlicke heds well mondified, stampe them, then put them into hogs grece or suet, & stamp them wel together and at night when thou goest to bed: warme well the soles of your féete and annoynte them well with the saide confection as hotte as you may suffer it, and also the small of your legges, and put a warme cloth about your feete, and within thoe nightes he shalbe eased. Also take brimstone and put it into powder, and put a litle thereof to a new laide egge soft rosted, and mingle it well together, then put thereto of bengemin as much as a fitche pease lightly stamped, and drinke it in the morning at your breakfast and at night.

For the dry cough a remedy.

TAke a pound of licoris, and scrape away the bark clean, then stampe it in a morter and put it in an earthen potte, and put thereto 3. quarts of the best wort that may be gotten, and 1. vnce of suger, and a quarter of an vnce of ginger in powder, & a pinte of clarified hony, and séeth them all together till they be halfe wasted, then strain it through a cleane cloth into a faire vessell and let the party vse thereof first and last, at euen hot, and in the morning colde, till thou be whole.

For the dry cough another.

TAke anny séeds, smalladge séeds, and violet séed of each a lyke much and beat them all together in powder, and temper them with wine as the quantitye giueth, and séethe them all together till it war thick, and so vse it. Also take the séeds of nettles, and séeth them in oyle, and anoynt the féet and thy hands therewith, and it will do away the cough. Also take sage, rew and pepper, and séeth them with hony, and eate thereof a spoonfull firste and last. Also take the stroppe of Violets, and of [illegible], and drinke

thereof. Also it is good to take first and last a lossing of Diadragagant, and afterward to drink a draught of good Ptisan, and this is a present remedy for the cough comming of a hot cause.

A dyet for them that haue the colde cough.

YE must abstaine from vineger, and all salt meates, fruites, and rawe hartes, fish, lemmons, and all grosse meats, and to much replexion. Also ye may drinke no wine betwéene meales and beware of day sléep, and specially after meat.

A medicine for to stay a vomit.

TAke halfe a pinte of running water, an vnce of Suger, and a good race of ginger, picke it and scrape it cleane, and shred it in good handsome péeces and so put it to the water and the suger, and boile them together from halfe a pinte to a quarter of a pint and so giue it to the party to drink for it will stay the vomit in a very little space.

For them that may not holde their meat.

Take horshoue and hilwate, of ech of these a like muche, washe them cleane and stampe them, and put thereto the powder of pepper, and séeth them together in faire water, and let the patient drink therof luke warme first and last.

For a vomit a remedy.

FOr them that haue vomit, and for them that haue not their breath at will and hath stopping in their brestes: take a dram and a half of the powder of Betony, with a goblet full of water, and drink it fasting. Also against the vomit caused of wickednes heat or odor of collerick, meddle the powder of the 3. leau'd grasse with the white of an egge, and roste them on a tyle, and giue it to the patient to eat. Also for the vomit caused of retentiue weakenes, take the powder of gum Arabick, and powder of canell.

For a man that vomiteth too much.

TAke roses and boyle them with stronge vineger, and make a playster thereof, and lay it to his stomacke all hot. Also vomi-

ting

ting commeth sometimes without great violence, & thereby one getteth health, wherfore ye néd not giue him any remedye, for it is a good action of ỹ naturall vertue of the stomacke: sometime vomiting commeth by a great violent moning of the vertue expulsiue of the stomacke, for the euill thinges conteyned in the same a remedy, one may well helpe a man to vomit, giuing him water warme with a litle oyle to drink, or els to put thy finger in his mouth very lowe, or a fether wet in oyle the better to vomit, and to mundifie the stomack, if so be the person haue a wide throat, & that vomiting doth not hurt him much, as they be that haue but small and straite throtes, and long neckes and leane, for all these are euill to vomit. Sometimes vomiting commeth by weaknes of the stomack, caused of a hot and euill complection ye shall cure it after this manner: take srop of roses, Quinces, mirtles, with water sodden & cold again, or els water of purslan to quench the thirste. Also it is good to anoynt the stomack before dinner and supper with an ointment of the oyle of Roses, and quinces, and mints the iuice, and a litle war, or els make a plaister of mintes, roses, wormewod, and oyle of Roses, and lay to his stomack as hotte as ye may.

For to make a man cast and perbreak.

TAke two partes of the iuice of fennell, and one parte of hony and seeth it till it be thick, and drink therof morning and euening, and it will cause a man for to cast or parbreak. Also the iuice of spurge is very good for the same. Also the iuice of stonecrop put into white wine, causeth a man for to cast presently.

For to comfort the patient after his vomiting.

TAke and giue the patient in the morninge an vnce of the syrop of wormwod or mints, in stéd of which it is conuenient to take a losing of Aromaticum rosatum or Diagalanga. Also take euening and morning thre houres before meate two Cloues in powder, with a spoonfull of the iuice of mints, or half a spoonfull of rewe dried: with a litle wine. Also it is good to take pow-

der of cloues and Lignum aloes ℔ weight of a crown two houres before meat.

For a man that abhorreth his meat.

SOmetime there chaunceth in the stomack a disease called Fastidium, or abhoring of meat, whereby the person against his will taketh in hate al maner of meates that is offered vnto him like as the hole man taketh pleasure and delight in ℔ same. The cause of his disease is repletion of cholericke humors, or flegmatique grosse and vitrouse which are in the stomacke, and the patient hath great thirste, a drye tongue, the mouth bitter, and sometime doth vomit yellow choler, and if the veines be ful, let the patient be let bloud on the right arme, and giue to eate and drinke such as the party so greaued, and also gine him the iuice of pomegranets.

For to prouoke an apetite.

TAke sage, perselye, pepper and mintes, and stamp them, and temper them with vineger, as you do make sauce for fishe, it will cause appetite, and also flesh eaten with vineger, comforteth and giueth apetite. If vineger be vsed with a full stomacke, it vnbindeth the wombe, and with an empty stomack bindeth it. It is good for them that be weak of sickenes in this manner: toste bread, and wet it in vineger, and with the taste rub the mouths and nosethyrles, and binde it on the pulsable veines, for it comforteth the patient and the appetite, and for the appetite it were better wet in the iuice of mints. Also to the that haue lost their appetite by sickenes, two drams of the powder of betony, with 4. Ciste rotes in drink, it taketh away both sadnes and euill taste of meates. Also take and confect Cardomomum, with the iuice of mintes, and vse for to wette your meat therin prouoketh appetite.

Against the letting of the breath.

TAke and lay oppiment vpon hot imbers, and let the patient stoupe downe and receiue the smoake therof through a pipe or funnell. Also take three drams of oppiment, with rere egges, or with wine or womans milk, once or twise in the week.

Against paine of the breath called Asma, caused of cold, take

the

the powder of Philixendula, with the powder of Gentiana, and vse it in his meat and drink.

Against the paine of the breath if it be of a long continuance take the powder of Gentiana with wine and barly water, or els with meats or with new bread. Also take two drams of Galbanum, with a rere egge or with barly water. Also take figges and seeth in wine, is good against the letting of the breath, & against cold rewme or humors in the brest. Also pancakes made of docks with meate or eggs, is very good for letting of the breath called Asma, it is good if they be eaten.

An ointment for the shortnes of the breath.

TAke 2. ounces of the oyle of sweet almonds, & 1. vnce of Maye butter vnsalted, a little saffron and new waxe, and make an ointment therwith, and anoint the brest euening and morning.

Also for him that lacketh winde.

TAke mallowes, mercurye, borage, seethe them together in a pece of porke, and make therof pottage, and eat and drink of this broth with wine, or with whey that is good.

For armes being consumed and fallen away.

TAke dere suet, and thy owne water being dissolued in a basen warme, then therewith wash thy armes euery day morning and euening.

For the mary being cold and numd in the armes.

TAke 3. spoonefull of mace, 3. spoonefull of aqua vita, and three spoonfull of vrine, and three spoonfull of capons greace, and put them all in a Porrenger, and warme them on the fire and wash your armes morning and euening. Also if that you be sore in any part of the armes, take roch allam, and madder, and boile them with conduit water from a pottell to a pinte, and so wash your armes.

For aking of the hands and deadnes of the fingers.

TAke a handfull of red sage, as much red fennell, as much red nettles with a quantitye of baye leaues in pouder, and long

pepper,

pepper, stamp al these together in a morter and the dregs, strain it through a cannas cloath with aqua vita and with this lycour annoynt thy handes when you goe to bed.

For swelling of wounds in the hand.

TAke wormwood, stamp it and straine it, and boyle it with vineger, and put thereto wheat bran, and make a plaister and lay it to the sore handes.

For woormes or heat in the handes.

TAke Chickweed and bruse it a little, and sethe it in running water till the halfe be wasted, and wash your hands as hotte as the partye can suffer it for the space of fyve daies, and it will dryue away the heat or wormes in the handes.

For to make your handes white.

TO make the handes white and soft, take affodil in clean water till it waxe thicke, and put thereto powder of Cantarum, and stirre them together, then put thereto raw eggs, and stirre them well together, and with this ointment anoint your hands and within three or fower daies vsing thereof they wil be whiet and clean.

For itching of the hands with woormes.

TAke & anoynt the place that ytcheth with the iuice of mintes or of rew, and it shal put away the wormes. Or els take the berries of the lesse morell, and therwith annoynte the wormes and the handes.

For to make nailes to grow.

TAke Wheate Flower, and mingle it with honye, and lay it thereto.

For nailes that dooth fall off.

TAke powder of egrimony and lay it there as the nayle was, and it shall put away the aking, and it wil make the nailes for to grow.

For clouen nailes.

TAke virgin wax and turpentine, and mingle them together, and lay it on the naile, and as it waxeth or groweth, cutte it away and it will heale.

For

For nailes that is rent from the flesh.

TAke the lesser Violet, and stampe it, and frye it with virgin waxe and Frankensence, and make a plaister and laye it to the nayle all whole.

Also anoint thy fingers with the pouder of brimstone, arsnick, and vineger, and in short time you shall finde great ease.

For stinch vnder the arme holes.

FIrst pluck away the haires of the arme holes, and washe them with white wine and rosewater that Cassia ligna hath bene sodden in, and vse it three or foure times.

For to destroy the heate of the stomack.

TAke faire cleare water, and boile it wel, and skim it, and put therin shiuers of browne bread, and let them lye therein an howre, til the water be almost cold, and drink therof 2. or 3 daies the oftner a daye the better, and it shall helpe them. Also for the burning in the stomacke, take and eat grēn perseley, galingall, and it shall help thē.

For to auoid fleame out of the stomacke.

TAke the powder of pellitory of spaine, and the pouder of cummin powder of long pepper, pouder of ginger, mustere, vineger, and mingle them together, and chafe thē on the fier till they war thick, and then as hot as you can suffer it, put part therof in your mouth, galkinge it in your throte vp and down, and let none enter into your stomack, and do this diuers times, spitting it out by the space of an howre, and this is a gargarisme proued.

For the stomack that is hot and swollen.

TAke the rot of smallage, stamp it and put it in strōg wine, or in other good wine all a day and night, & straine it through a faire linnen cloth, and put it in a clean vessell, and vse to drink a curtesy therof euery day fasting, take this 8. or 9. daies.

For rising vnder the stomack.

TAke long pepper, graines, saffron, ginger, annesæde, licoris and suger, and seeth them all in good Ale till it be thicke, and giue it to the party to drink and he shall be whole.

A plaister for rising vnder the stomack.

TAke yarrow, millfoyle, red fennell, red mintes, rewe borage fetherfoy, clotelere, pelitorye, egrimonye of eche of these a like much, and the greace of a barrowe hogge, that is a Sowe kinde, and seeth them all together in good ale, and make thereof a plaister, and lay it to the stomake as hot as it may be suffered, two or three times, and he shall be whole God willing, the hotter the better for to be taken, this hath been proued.

For the gnawing of the stomack.

TAke and seeth betony in the iuice of wormewood, and let the party drinke it with warme water, and thy stomacke be not well drinke wine that neppe hath been sodde in next to the hart fasting very early.

For the stomack that aketh.

TAke an hearbe that is called Poleo, and drye leaues, and a handful of houseleeke, and as much of this Poleo, and put it in a vessell with faire water, and let it boyle on fier till ỳ third part of the water be sodden away, and put therto suger of stone, and a litle hony: drink it six daies fasting and he shall be whole.

For to force the stomack.

TAke 3. partes of cannell, and 1. part of mastick, and one part of the paringes of pomegranets, and halfe a part of gallingall and stampe all these together, and temper it with hony that hath been clarified on the fier, & well scummed, and vse as much of this as a nut euery day during ten daies standing proued.

For the winde collick in the stomack.

TAke a handfull of time and washe it cleane, and put it into a cup of ale or beere, and let it stand all night, & take 3. sticke of licoris brused, then let the party so greeued drink therof morning

ning and euening. Also take onyons and put them into running water, and change them into 4. waters sæthing, and when they are tender sodde, take them and wring them betwæn two trenchers, and butter them, and put theron groce pepper, and so eat of them morning and euening fasting vntill you dw finde your self eased of your stomacke.

For fleame in the stomack.

TAke red nettles a gwd quantity, a gwd quantitye of clarified butter, and sæth them in faire running water til the hearbs be tender, then take them vp, and eate the herbes and drinke the licour: proued.

For to make lossinges to comfort the stomack.

TAke a pinte of rosewater, a quantity of rewbarbe, grate it vpon a grater, twice as much setwell, as muche Calomus aromaticus, as much spignard, a litle sinamon, as much enula campana, as much ginger, also clean mace and put to these spices, 1. penny-worth of suger, let them sæth on the fier vntill it be very thicke, and very well sodden, and so vse this bothe morning and euening.

For all maner of euills in the stomack.

TAke Athe sædes, Lynsædes, commin, of euery of them a like much, giue these to the sicke to drink with botte wort or else with faire hot water.

For the feuer in the stomacke.

TAke Conserua roses is gwd for the feuer in the stomack, also it is gwd for all euills in the stomack that is ingendred of hot humors.

For swelling in the stomack.

TAke and stamp fennell rwtes, and smalladge rwtes of eche a like much, and temper them with wine, and drinke thereof, warme in the euening and colde in the morning.

For impostumes in the stomack.

AGainst the impostumes in the stomacke and of the bowells sæth fenekreke made in meate with water that mallowes haue bæn sodden in, and lay it to the stomacke plaister wise, and

TAke long pepper, graines, saffron, ginger, annesede, licoris and suger, and seeth them all in good Ale till it be thicke, and giue it to the party to drink and he shall be whole.

A plaister for rising vnder the stomack.

TAke yarrow, millefoyle, red fennell, red mintes, rewe borage fetherfoy, clotelere, pelitorye, egrimonye of eche of these a like much, and the greace of a barrowe hogge, that is a Sowe kinde, and seeth them all together in good ale, and make thereof a plaister, and lay it to the stomake as hot as it may be suffered, two or three times, and he shall be whole God willing, the hotter the better for to be taken, this hath been proued.

For the gnawing of the stomack.

TAke and seeth betony in the iuice of wormewood, and let the party drinke it with warme water, and thy stomacke be not well drinke wine that neppe hath been sodde in next to the hart, fasting very early.

For the stomack that aketh.

TAke an hearbe that is called Poleo, and dry leaues, and a handful of houseleeke, and as much of this Poleo, and put it in a vessell with faire water, and let it boyle on fier till ꝑ third part of the water be sodden away, and put therto suger of stone, and a litle hony: drink it six daies fasting and he shall be whole.

For to force the stomack.

TAke 3. partes of cannell, and 1. part of mastick, and one part of the paringes of pomegranets, and halfe a part of gallingall and stampe all these together, and temper it with hony that hath been clarified on the fier, & well scummed, and vse as much of this as a nut euery day during ten daies standing proued.

For the winde collick in the stomack.

TAke a handfull of time and washe it cleane, and put it into a cup of ale or beere, and let it stand all night, & take 3. stickes of licoris brused, then let the party so greeued drink therof morning

ning and euening. Also take onyons and put them into running water, and change them into 4. waters seething, and when they are tender sodde, take them and wring them betwen two trenchers, and butter them, and put theron grose pepper, and so eat of them morning and euening fasting vntill you do finde your self eased of your stomacke.

For fleame in the stomack.

TAke red nettles a good quantity, a good quantitye of clarified butter, and seeth them in faire running water til the hearbs be tender, then take them vp, and eate the herbes and drinke the licour: proued.

For to make lossinges to comfort the stomack.

TAke a pinte of rose water, a quantity of rewbarbe, grate it vpon a grater, twice as much setwell, as muche Calomus aromaticus, as much spignard, a litle sinamon, as much enula campana, as much ginger, also clean mate and put to these spices, 1. penny-worth of sugar, let them seeth on the fier vntill it be very thicke, and very well sodden, and so vse this bothe morning and euening.

For all maner of euills in the stomack.

TAke Athe seedes, Lynseedes, commin, of euery of them a like much, giue these to the sicke to drink with yotte wort or else with faire hot water.

For the feuer in the stomacke.

TAke Conserua roses is good for the feuer in the stomack, also it is good for all euills in the stomack that is ingendred of hot humors.

For swelling in the stomack.

TAke and stamp fennell rootes, and smallage rootes of eche a like much, and temper them with wine, and drinke thereof, warme in the euening and colde in the morning.

For impostumes in the stomack.

AGainst the impostumes in the stomacke and of the bowells seeth fenekreke made in meate with water that mallowes haue ben sodden in, and lay it to the stomacke plaister wise, and

this will ripe and breake the impostumes of the stomacke.

For impostumes in the stomack or in the liuer or bowells.

TAke the iuice of mozrell with ptysane and barly and giue it to the party to drink, and it will ripe and distroye the Impostume in the stomacke. Also take the oyle of mandrake, and annoynt the grieued stomacke therewith.

For an Impostume in the stomack.

TAke barly, and dryed beanes, and lyrozis, and let them boile all together, of eche a like much, drinke it with suger euery daye fasting, and at night when thou goest to bedde, and vse this sir daies or more, and the patient shal cast out the impostume of the stomack.

For to clense the filth and dirt of the stomacke.

FOr the filth and dirt in the stomacke, by reason of the Impostume that hath been in the stomack, or in the bowells: take the powder of Salnatry with warme water or with pony.

For a stomack that is ouer charged with raw meat.

TAke stone croppe that groweth on the wall, and it purgeth aboue, and beneath: and it purgeth the stomache of euill humours and helpeth the dropsie, the stone, the stir. For the spleene and for the tissick and feuer, a pretious medicine.

For the stomack and head and for men that may not well speake.

TAke and giue the sicke to eate ix. dates in may scabies, Mugwort, smallage, Morsus diaboli, iuie, mylfoyle, wormwood, fetherfoye. stampe all these together, and seeth them, and when they be well sodden: take whites of eggs, and purge the patient euening and morning.

For a man that cannot digest his meat in his stomacke.

TAke centory, and seethe it in water, and drink it warme euery night when thou goest to bed. Also take Sage, rewe, and Comin,

Commin and pepper, séethe them togither with honye, and eate euery day a spoonefull thereof. Also drink the Wine that neppe hath béen sodden in. Also séethe Betony in the iuyce of wormewood, and drink it with warme water.

For winde in the stomack and bowells.

TAke 3. vnces of Scene, halfe an vnce of ginger in powder, Comin, annyséeds 3. li. waight of both, and meddle all these together, and eate therof euery day a spoonfull. Also take calamint ginger an vnce powdered, and hony, and take it first and last.

For vnkinde heat in a mans stomack.

TAke lettice, and drinke it with wine euery daye, or else eate thereof, and it shall drye away the heat of the stomacke, and also eate rewe euery morning, it is good for the stomack.

For the stomack and the weaknes therof.

TAke Masticke and Labdanum of eche an vnce, and Wormewood powdered, of each a dram, turpentine as much as néeds to encorperate them together, make a plaister and spread it vpon leather, and lay it to the stomack in stéed of the said plaster: it is good to annoint the stomacke with oyle of spignard, and Masticke, or to lay vpon hot bread steeped in good wine, on the which breade strawe powder of cloues and Nutmeggs. Also it is holesome to eate afore your meate, Annyséedes, and Fennell séedes and when you begin for to eate take a tost dipped in sodden wine or good Malmsie, without drinking of the same Wine except it be a very little after meate.

For the bulke a medicine.

AGainst paine of the members in the bulke as the longs, and other that serue to the breath, and againste apilation of the liuer and milke of the bladder, and paine of the stomack, drinke the wine that this root of Ireos is soden in, et fiet.

Also against the paine of the bulke, take and make a maner of pottage of barly with water, and put powder of bawne minte thereto, and giue it to the patient.

For the bulke and the stomack.

TAke the wine that is sodden with Dragagant, it warmeth the partes of the bulke and clenseth them Also it warmeth the stomacke and the bowels, and it is good for the collicke, and to open thy milt, and against let of vrine, be it strangurye or dissurye. There be two kindes of Secadors that is to witte Arabicke and Cytryne, and both of them appropried to the fine wes, and vraine.

For spitting of blood.

FOr them that spitteth blud cauled in the bulke, make pills of the pouder of dragons blood, and gumme Arabicke, and Ptysome that Dragagand hath been molten in, and let the patient hold it on the tung, and whenne it is al relented, swallow it down Also for them that spit blood because of the disease in the bulke take pills made of the pouder Sumac, and gum Arabicke confect in rose water.

Also for them that spit blood, take hony and vinegar, and it cauleth the flowers to renne.

Also take pills confect with the pouder of mummy, with a little mastiche, and confite them in water that gum Arabicke hath been molten or late in, and holde these pilles in thy mouth till they melte and depart, and then swallow them, and if the blod come to thy mouth, because of the nutrytyue members as the stomacke the liuer and the milte, eate this pouder with a rawe egge, or drinke it with the iuice of plantayne.

Also for them that spitte blood at the mouth, out of the belye and stomacke, and against the paine therof, take and beate the rote of solythill ell small to pouder and drink it with wine.

Also take two drams of the pouder of Betonye with Clatts of olde wine for three daies, and it will help them.

For spitting of blood.

TAke ache, mynts, rewe, betony, and sethe them wel in good milke, and giue it to the patient so greeued for to drinke and it shall help him.

For a man that spitteth blood.

Take

TAke the iuice of Betony, and temper it with Goates milke, and let the sicke drink therof 3. dates.

Also take smallage, mintes, rewe: bettony, and giue it to the patient in goates milke and so supe it all vp, as hotte as you may suffer it.

For straightnes of the brest.

TAke a quarte of good Ale that is stale, and a quarte of fine wort, take halfe a handfull of liuer-wort, and halfe a penny waight of Lycoris stycks that is fine, and make them cleane, and bruse it: a halfepeny worth of Eggs, and wash them cleane, and halfe a handfull of Isope, a quantity of hony that is clarified and a quantitye of setwell, and three rotes of parseley, and cut them small, and halfe a rote of fennell, and cut it also, and boyle them together to halfe the quantitye: and drinke it at morning and euening well and hot.

For him that is incombred in the brest with fleame or glarte.

TAke the ponder of betony, and drinke it with warme water, it bolseth and purgeth the fleam wonderously & doth away the glart or fleame.

For paine in the brest.

TAke and gather a good quantity of flowen that be riped, and grinde them small in a morter, and do them in an earthen pot and fill it full of new ale, and so drink it.

Also take Isope, perslye, and sage, and stamp them, and laye them to the breste all hotte. Also take the marrowe of a Calfe, Fenigreke, Lynsedes, bray them small in a morter, and meddle the dust and the yolkes of egges, and temper all these together with fresh grease and oyle, and laye it to the sore as hot as thou maist suffer it.

For the brest that is incombred.

TAke Isope, and sethe it in a pottle of Wine, till it come to a quarte, and let the sicke ble thereof firste in the morninge, and last in the euenynge hotte, and in the morning colde. Also take three pottelles of running water of a Well that springes, and boyle it to a Pottell, and take halfe a pinte of honye, and

a pounde of the powder of Annysiedes, a pounde of the powder of licorice, and a penyworth of suger, and cast al these into the lycour, and let them boyle well, and then put it into a vessell and stop the pot that the ayer goe not out, and let the patient drink it in the morning, but not fasting at night, and he shal be whole.

For the brests and lungs.

TAke a quantity of clarified hony and boyle it, and when it is boyled put thereto an vnce of the powder of Enula campana, and an vnce of the powder of licoris, and let them boyle till they be somewhat stiffe, then take it from the fier, and when it is cold put thereto an vnce of the powder of ginger, and stirre it wel together, and vse this first and last.

For a man that his brest is stopped or the pipes.

TAke Enula campana, Isope, lycoris, and drye them well, and after they be drye punne them in a Morter, and braye them tegether as small as flower, and take ginger, annysiedes, sinamon, galingall, and punne them also, and when thou hast don so take a quantity of hony and boyle it well, and skimme it well till it be cleane: then take the Enula campana and the Isope and the licoris: boyle them well together in the hony and afterward take the ginger, annisedes, gallingall, sinamon put them together in the hony and let them seeth together: then put it in a dish then take suger and put vpon it while it is hot, and eat a quantity therof euery morning and euening: but drinke not after and thou shalt be safe of the stopping of the brest and pipes. Also take rewe and seeth it with aysell: and let the patient drink thereof.

For swelling of the brests.

TAke wooormwood, sage and Calamint, of ech a like much, and stampe them small, put therto a quantitye of vineger & temper the together, then take white bread and toste it brown, grind it small, then boyle them together and stirre it that it burne not too, and laye it to the breste as hotte as the patient maye suffer it.

Also

Also if a plaister be made of Chesnuts with barly meale and vineger or wine, and laide to the pappes it allwageth the swelling of the brests or papps.

For all cuills and paine in the brestes or ribbes.

TAke and bruse mugworte with vineger, and laye it to the brest, and it will be whole in three dayes.

Also take the water that gum Arabicke and myrre hath bin sodden in, and wash the brest therewith.

Also take the electuarye called Diapenidion made pennets and they be also good.

Also for drought in the brestes and the members in it, and for them that be Costiue, so that the brest be not stopped nor the breath short: take Psilium in water a certaine space, and then poure out the water, and take the same seedes with other cleane water that is colde, and vse it to the pacient.

Also take and make a plaister of knotgrasse and butter, and laye it to the sore brest.

For vaines broken in the brest.

TAke the rote of Camphyre when it is sodden, and slytte it with a knife, and hang it in the sunne to drye, and it may be kept three yeres in goodnes and vertue, and if a vaine be broken in the breste or guttes, it will resounde and knitte it, and reioyne it marueilously, so that the powder of it be taken greene with Wine, or water, or frye the rote greene as a fritture with egges or meale and so eaten.

For Impostumes in the brest.

TAke and fill a bagge with meale of Fenegreke, and sethe it in water that lysmachie and hollyhocke hath bene sodden in and lay it to the impostume of the brest often.

Also take the water that Lycoris hath bene sodden in, or the iuice thereof, it is good against the impostumes of the brests or ribbes, called the pluriſie.

For blood of the brests.

TAke two drammes of lékes séde and mirre, stauncheth the blod that commeth out at the brest by spitting, although it be greef to the téth and throte.

For the canker in a womans papps.

TAke pylled garlick, and rye meale or barly meale, and braye them together with vineger til they be as thick as a plaister, and lay it to the sore till it be white, then take pimpernell, and pun it small, and put therto life hony, and laye the playster to the sore pap, and it will heale it full faire.

Also take the fenne of a white gose, and the iuice of ellydony and bray them well together, and lay it to the pappe, and it will slea the canker and heale it sure.

Also take wormwod, and the white of an egge, and skum it, and distemper it with oyle of violets, and let her blond on the baines about the pappes.

For the fester in the brest.

TAke the iuice of the rote of Fox gloues, and temper it with mans urine and wring it through a cloth, and washe the sore oftentimes therewith.

To make a woman haue a soft brest.

LEt her drink in ale netle séde and salt, and it shall make her brest soft.

For a woman that hath her brest rancled.

TAke Lynt séde, and bray it with the white of an Egge, and lay it on her brest, and then take the iuice of ache, and of rye meale, and set it on her brest, and let her drinke the iuice of verueine, fennell séd, and amber.

For the euill swelling in a womans brest.

TAke oke apples, and stampe them in pouder, and put them in oyle of Roses, and lay it to the swelling, or els put to the iuice of pety morrell and daisies, and the dreggs of aysell, and a hard Egge sodden with the shell of barlye flower, and so make therof a plaister, and lay it on the sore.

For byles on womens brests.

Take

TAke the iuice of Mozrell, and oyle of an Egge, and Beane flower, and make therof a playster, and laye it colde thereunto.

For a woman that will haue plenty of milke in her brestes.

TAke the iuice of verueine oz fennell, and drink it oftentimes and she shall haue great plenty of milke. Also whiting broth is very good.

For paines in the brest with ouer too much milke.

TAke clean water without any stone, and mingle it with vineger, and the yolke of an egge, with a litle saffron, and lay it vpon a cloth plaister wise, and laye it to the brest, and when it is dry take another.

Also take vineger and honye boyled together, and spred it vpon a cloth and laye vpon it a litle powder of comin, it will asswage the milke.

Also take wheate mingled with rew and sodde in water, and laid to hard brestes, that be crudded with milke, and it will soften them.

Also if the sæds of lentiles be medled with water of the sea, they be good for milke that is crudded in womens brests.

For the hart burning.

TAke the crop of fennell, and chew it in thy mouth, and sucke the iuice therof, and spit out the other, and vse this very often, and it will help him that is hart burnt.

For the paine at the hart.

TAke centuary and seeth it in stale ale, and when it is wel sodden, stamp it in a morter and seeth it againe with the same lisour, then clense it through a cloth with 2. spoonfulls of the iuice, and 3 spoonefulls of the hony, and then boyle it well together againe, and put it in a boxe, and giue it to the patient euery daye three spoonfulls fasting till he be whole, and this shall driue away the glut from him, and make him haue a talent to his meat.

For weaknes at the hart.

TAke rosewater and mother of pearle beaten small to powder and meddle it with suger, and giue it to the patient to drink three or foure daies and he shall be whole.

For faintnes at the hart.

TAke the filinges of Golde, and the powder of the bone of a hartes hart, and mingle them with the iuice of burrage, and suger made in syrrope, for it is very good for sounding.

For all sicknesses about the hart.

TAke rosomary, Isope, centory, betony, and Iris, & seeth them in faire water, and strain the water and the iuice of ỹ herbes and put thereto hony, and boyle it againe and scum it, and put therto as much butter as hony in the seething, and mingle them together, and take it downe and couer it well, and drinke therof at euen hot, and in the morning colde.

Electuary for the hart.

DIantes: this electuary is good for the heuines in the hart, and for feblenes of complection in a mans stomack, for the Cardiakle, and for the bad lunges et alia causa.

For euills at the hart.

TAke hartwort, gallingall, harts tunge, and saupne, stampe them, and wringe out the iuice, and temper them with good wine, a good quantitye of Roses, and giue it to the partye so greeued to drink first and last, and he shal be whole god willing.

A sirop for the paine of the hart.

TAke and stampe betony, and herb benet, horehound, vernain, and seeth them in faire water to the third part, then put therto hony, and make therof a sirop.

For all diseases in a mans hart.

TAke sage, mints, by euen portion, lay them in white wine and make a plaister thereof and laye it to his hart till he be

all

all whole, and to drinke the Wine that it was sodden in and giue it to the patient to drinke euening and morning, and he shall haue good talent to his meate within six daies after at the furthest.

For to comfort the hart.

TAke the powder of setwale, and put it in the sicks meat, comforteth the hart, and therefore it is good for them that haue weak hartes, and be disposed to sowning.

Also temper the patiens Wine with water that spignard is sodden in, and with the same water make a sirrop, and let the sicke drinke thereof, it is good against the disease of the hart, and for sowning, and for weakenes of the braine, smell it to thy nose.

Also seeth the flowers of rosemary leaues medled with rosewater, and giue it to the patient.

Also take the iuice of rosemary leues medled with rosewater with a little of the iuice of panay, and make sirrup therof which shal be good if some of the bone in the hart of an hart be put therunto: and giue it to the patient.

For all paines in the hart.

TAke the pouder of gallingal, with the iuice of borage and the seeds of Ireos with the milke of a gote and drinke it warme: it will asswage the paine of the hart.

Also take the powder of cannell, with the pouder of the leues of gilliflowers: is very good against the passion and sounding of the hart being giuen to the party.

Against the passions of the hart.

TAke and make sirrop with the iuice of borage, and put therto of the powder of the harts bone in the hart of a hart.

Also take buglosse, and eate it often either rawe or sodden, it putteth out the noisome humors.

Also against the passion of the hart and sowning: take sirop made with Cassia ligna and roses, and the bone of a hartes hart: and giue it the sick to eat.

For feblenes of the hart.

FOr them that are weak in the hart and doo take their breaths in manner of sighes: take and giue them the iuice of buglosse with hony and it shall help them.

Against the fainting of the hart.

TAke and make pills with a dram of amber, & an vnce of Lignum aloes, and 2. drams of the bone of a Hartes hart beate to powder, and beate the pills in rosewater, and giue 2. or 3. of the said pills to the patient when he goeth to bed.

Also take the quantity of 4. drams of Cucubes, with the iuice of the roote or the leaues of parsneps is very good.

Also for them that be faint at the hart or be like to sown: giue them rosewater for to drink, and also to bedew their faces therwith.

Also if the faintnes come from the braine or liuer, or pain of the stomacke caused of colde: take two wheate cornes of muske in wine.

Against sowning.

AGainst sowning and faintnes of the hart: take Rosewater, that this herbe bassell is sodden in, and for the same: take wine that the herbe is laid in all night.

Also against sowning take the powder of roses, and put it into a rere egge.

Also take the powder of ginger in your meats, and it is good against sowning.

Against sowning: make sirrop with the iuice of borage and suger.

Also against sowning of the hart caused of colde: take & seethe this herbe Cardomomum in sweet smelling wine, with a litle Rosewater, and vse it.

For sowning.

FOr sowning and weaknes of the hart, be it in feuers or sicknes, or if it come of either cause, stampe mintes with vineger, and a little wine, if the patient haue no feuer: then toste a thiuer till it be almost brent, and put it therin till it be wel steeped, then

put of it in his nose and rub his lippes, his tung, gummes, téeth, and the temples, and let him chewe it, and sucke the moystenes thereof, and swallow it.

For the paine of the lunges.

TAke figges, and let them be sodden with Isope: they clense the lungs,, and heale the olde cough.

Also take the root of the wilde rape, and séeth it with licoris, and the water that it is sodden in giuen to the patient to drinke: is very good to clense the lunges:

Also take this herbe southernwood, and mingle it with Isope and sodden in wine or water, make it swéete with suger, and so drunken: is very good for all disseases, of the lunge and the brest when sicknes commeth of colde: annoint the brest.

Also the broth of creues is good for paine in the lungs, named Perpleumonia, or consuming of a man called Ptosis, because when a man hath a swelling about the lunges: then he commeth to drynes, and consuming of that naturall moisture till he dieth.

For the liuer and the lungs.

FOr the liuer and the lunges wasting with ouer vnkinde heates, take water made of Borage, and of redde fennell rootes, Ache, Isope, endiue, betony, calamint, lettice, nutmegges, mace, Flower of Camemill, Cloues, Annyséedes, by euen portions, 1. vnce of licoris, and annyséeds halfe a pound, make of all these herbes and spices a water, and it shall restore thée marueilously and if you cannot get all these herbes: then take the more of the burrage.

Also to restore his kinde, make a confection of ẏ flowers of burrage and of red roses with these foresaid spices, and with suger.

For the heate of the liuer.

TAke Spodium vt eborii in rose, corral, barly meale, Triacendaly 3. penywoorth, meddle all these with the iuice of Endiue, S. Mary berry and houseléek.

Also take red roses sandalorum cum iuery, & water of Lillies

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an vnce, stampe them small, and put therto barly meale, and the iuice of marygolds and vineger, and the iuice of wormwood, and make a plaister therof and lay it to the liuer.

For chafing of the liuer, and of the splene.

TAke yellow rewbarb, barly meale and vineger, and temper them together & make therof a plaister, and lay that playster to a mans right side, let him bloud in the veine of the splene, and giue him to drink in Winter: Suger rosset, and in Sommer: Scabionis.

For the chafing of the liuer.

FOr the chafing of the liuer and opilation of the milte caused of humour: take rewbarbe with warme water, but it is better to meddle it with Trifera sarazenica. and this you may vse with the iuice of endiue, and to giue it to the patient.

Also take and annoint the liuer with the oile of roses, for the chafing of the liuer.

Against chafing or heat of the liuer: take and wet a cloth many times double, and lay it to the liuer.

Also the oyle of violets is good against the chafing of the liuer.

Against the chafing of the liuer: scrape the vppermost of the gourd, scarse the said scraping and wring out the iuice, and put vineger therto, wet a cloth therin, and laye it to the liuer outwardly.

Also take endiue, and lay it in water, and vse it in your brothes for the patient so greeued.

For the heate of the liuer.

TAke fennell, endiue, succory, plantaine, of each a like muche, and still them with red wine or milke: and vse it euery morning nine spoonfulls at a time, with a draught of wine and Suger, or else fiue spoonfulls therof alone.

For the liuer wasting, which causeth a scabby face.

Take

TAke three gallons of sweet wort, and put therto 4. handfull of liuerwort, and 4. handfulls of Violets, two handfulls of hartes tung, 4. handfulls of marigolds, 4. handfulls of mattfelon and stamp al these together, and boile them a prety while in the wort, then take them vp till they be colde, and straine them, and put them to barly meale, vse this fasting at night, the space of a moneth, then take an ointment that is made for a dry scab, and therwith daily annoynt thy face, and vsing of this drinke aforesaid the party shall finde helpe.

For the heate of the liuer of a man that his cullour is yellow.

TAke the water of whitrose and the water of lettuce, and water of the leaues and small braunches of a mayer tree, take the herbes and stampe them all together, as much of the one as the other, and take the iuice thereof, of sugar as much as will suffice, boyle all these together till they be as thicke as a sirrop, and put thereto a poys and a halfe of reubarbe, and vse a quantity of this sirrop in colde water euery daye fasting, till he be whole.

For the liuer that is corrupted and wasted.

TAke a quantity of liuerwort, and bruse it a little, then seeth it in good strong wort with a quantitye of reubarbe, and vse this medicine till thou be whole.

A drink for to clense the splene.

TAke Hartes tung, wilde Poppe leaues, Burrage, with the flowers of fumytory, with parsely rots, seeth them in whey and clarifie them with the white of an egge and straine it, drink it morning and euening, and so continue a fortnight: and it shall helpe you many waies.

For the splene a plaister.

TAke 3 or 4. Hollyhock rotes, 2. handfulls of mallowes, and seeth them altogether, then stamp the rotes, and strein them with water wherein it was sodden, then stampe the mallowes together with the rotes of holyhock, and put in 8. or 9. figges, and

two vnces of suger, leuened bread, and halfe a dish of sweete butter, and so laye some of the same vpon a woollen cloth, and as hot as you can suffer it: lay it to the sides, and rolle it with a rowler, and euery day renew the plaister.

A plaister for the splene.

TAke wormewood, Mallowes, camemile and melilot of eche a good handfull, boyle them in faire water till the licour be halfe wasted, than put thereto of wheate bran halfe a handful or more, then boile it to the thicknes of a plaister, then quylt it, and as hot as you may suffer it: lay it on the left side.

An Ahuarie for the splene.

TAke a pinte of ale clarified, and put therin a crust of bread, then take the ponder of Gentiana, spignard, gallingall, of eche two peny waight, let them haue a boiling or a wawme, then take it of the fire and drink therof morning and euening, and it shall cure the splene.

A restoritie for the liuer, lunges and splene.

TAke two parts of fennell and three parts of hony: sethe them together till they be as thicke as a lectuary: and let the sicke vse therof morning and euening.

For the stopping of the splene.

TAke the elder rote, and sethe it in white Wine vnto the 3. parte, and drinke thereof, and it cureth the splene marueilously.

Also drinke the lunges of a Fox made in powder, for in all maner of men it healeth the splene prooued.

For the splene a good experiment.

TAke two pound of hoges greace, and 2. pound of ashes made of ashen wood, and a gallon of faire running water, and sethe them altogither til the half be wasted, then straine them through a cloth, and let it stand all night, and in the morning skeete of the greace, and cast away the water, and meddle the greace well together,

gether, and put it in a boy, and therewith annointe vpon the splene, proued.

For the heate of the liuer.

TAke the iuice of sowre apples, and swéete apples, of eache a pound or more, and two paunde of Suger, and meddle these together, and let them boyle on a simple fier till it be as thicke as a syrrop, and vse of this a curteſie euery day fasting, with lukewarme water.

To purge the liuer of choller and salt fleame.

TAke the waight a gold noble of Rewbarbe fine cutte in small péces, and a halfe peny worth of of spignard, and the weight of two grotes of seme in the coddes, laye all these in fuse in nine spoonfulls of wheye by the space of twelue houres, and so giue it to the patient.

For the liuer that is chafed.

TAke and vse saunders in thy potage or drothy, and drinke it and wash thy right sides with drine colde, but firste boyle it, and strayne it, and put therto vineger, & lay it to thy right side, not hot plaisters, for it will chafe the liuer.

For wasting of the liuer.

TAke water cresses, red fennell, and sorrell, with a chicken in an earthen potte nine daies, and vse it.

Another for the heat of the liuer.

TAke a quarte of barly, and put thereto a gallon of well water, and boyle them together til the barly be as soft as any wheate for furmenty, then straine them through a cleane cloth, and take the water and put thereto as much good wort, with a peny worth of licoris beaten, but not to powder, and take a good handfull of Isope, and an other handfull of Sage, and boyle all these together till the one halfe be wasted, then straine them through a clene cloth, and that which commeth forth, put it in a cleane vessell, and let it stand a day and a night, and drinke this first and last.

For ſtopping of the liuer and milt.

TAke and ſæthe Hartes tung in water or Wine, and drinke it, or if the herbe be eaten it is good for the ſame. Alſo to vnſtop the pipes of the liuer and of the milte, take and ſæthe Smalladge with elder leaues, and drink the broth therof.

Alſo the iuice of chitcorye openeth the oppilation of the liuer and milt cauſed of heate. Alſo take the Wine that Siſeos is ſodden in, it is good againſte the ſtopping of the Liuer, milte and raines, and againſt the let of vrine.

Alſo to vnſtop the liuer, milt and raines, and letting of vrine take the Wine that wilde time hath bene ſodden in, it is very good therfore.

Alſo take the iuice of this hearde witninte with honye, and the wine that it is ſodden in: it is good to vnſtop the conduite of the milte and the liuer, and alſo vrine.

Againſt the opilation of the liuer, the milte, of the vrine and the bladder: vſe the decoction of Caſia ligna or the ſirrop that it is made with.

Alſo take the iuice of night ſhade made in ſirrop with ſugar, is good for the liuer and milt.

Alſo take and make ſirrop of the iuice of fennell, and the decoction of this herbe dawke, it is good againſt the ſtopping of the liuer and the milt, and againſt dropſie.

For the liuer and the milt.

AGainſt the opilation of the liuer or of the milte, take Aloe epaticke, with the iuice of Smallage warme, or make a decoction of the rotes of Smallage, perſlye, fenel, bombwarte, and ſpurge, with two drams of maſticke, and vſe this two or three times in the week til thou be whole.

Alſo for the liuer and the milte.

ALſo who ſo eateth this hearde Cheruell often, it rauſeth the ſtopping of the liuer and the milte. Alſo take the leaues and let the patient eate and drink it in powder.

Alſo if the iuice of woldte thiſtle be drunken with wine, it is good for the liuer.

Also the iuice of the water that louage hath been sodden in, is good for the liuer and milte.

Also againste the stopping of the liuer and milte, take the powder of of barbaries, with the iuce of morrel.

For the liuer, milt, raines and bladder.

AGainst the opilation of the liuer, milte, and raines, and of ẏ days of vrine, take and seeth this herbe Iermander and Canuphithis in oyle, and lay it to the party so greeued. Also an electuary confect with hony, and two partes of these two herbes, and so vse it.

For the liuer, milt and Iaundise.

AGainst opilation of the liuer, milte and Iaundis, take the iuice of woormewood and sirrill, or else make them in sirrop, and vse it with warme water, againste opilation of the milte, take the iuice of woormwood, and powder of costye and that is also good.

For all paines in the milt.

TAke of the drink that golde hath been quenched in being red hot, and it helpeth the paine in the milt.

Also an ointment made of Assa armonia, and waxe: softneth the hard milt, and dissolueth the milke crudded in the papps.

Also make iuice with Smalladge, and put thereto oyle, and wax, and confect it into a sirrop.

Also for the milte take annoniacke and galbane, a like much soften them in vineger, and with waxe, and put thereto powder of coste and of woormewood, and make an ointment and anoint the milte.

Also take egrimony, and eate it often times, and it healeth the paine of the milt.

Also againste the opilation of the milte or dropsie, take the Wine that Abrosiana hath beene sodden in, being often times drunken healeth the milt comming of colde.

Also against the ache of the milte, drinke the wine that betony is sodden in, and it profiteth.

Also make an ointment with this herbe beares foote beaten,

and then laye it long in oyle, and with wax make an ointment, the leaues ought to be vsed while they be greene.

Also the herbe amios with the roote of Tiats in wine helpeth much the paine of the milt.

Also for the milte and liuer take the iuice of fennell sodden in an apple, and take the powder therof.

Also for the paine of the milte and liuer, take the wine that opporis hath bene sodden in.

Also for the paine of the milte and liuer, take the rote that Cassia ligna hath bene sodden in wine.

Also for the paine of the milt & liuer, take the electuary called diocostum hath bene sodden in.

Also for the paine of the milte, take a dram of camomile in powder with wine for forty dates.

Also for the paine of the milte, take and drinke of the Wine that honysuckle hath bene in.

Also take the iuice of Iuie in wine that it is sodden in, and it helpeth greatly.

Also drink the water that the rot of fernt hath bene sodden in, it helpeth greatly.

Also take the water that the rinde of fennell rots hath bene sodden in with wine or water.

Also take the water of Wine that the bough of an ashe hath bene sodden in, and vse it.

For to soften the milt that is hard.

TAke the rote of the wilde Vine and stampe it with porkes greace, and melte them at the fier, and straine them and take meale of linseede, and oyle, and put thereto, and this oyntment made therof, it is good for hardnesse of milte and liuer, and to ripe impostums. Also take the rinde of the rote of horehounde, and steepe it a fortnight in wine or oyle, and then sodden, and streyned, and in the straining put thereto water and oile, and make an ointment.

For ache in the guts and belly.

TAke the pouder of mugwort, and let it be drunke with wine and pepper, easeth greatly the ache in the bowels, and it is

good

good against diuers other diseases. Also for the paines in ẏ guts take a ciate of the iuice of clote leaues, and it will ease thée.

For paines in the belly.

TAke and punne mugwoort, and laye it to the bellye, it helpeth it merueilouslye, take also an vnce and a halfe of wartwoorte, with as muche wine, and it wil asswage the paine of the bellye. Also take and make an electuarye of honye, and séethe it and put water therto, that it doo not cleaue too, then put thereto 2. vnces of hermodates, and an vnce of fennell seeds, and so giue it to the party so gréeued that hath the paine in the belly proued. Take and séeth wilde time with wine and oyle, and it is good against the paine in the belly. Also take the brain of a hare rosted and eate thereof, and drinke some good wine afterward.

For the paine in the belly.

TAke 3. pintes malmesye, and a handfull of orris powder, a handfull of comin, a handfull of red rose leaues dried, a handful of cammemile flowers, and of wheate branne a dishful, séeth them altogether, and put them into a bagge, and make a plaister and lay it to the belly somwhat warme.

For the hauling in the belly.

TAke halfe a pinte of malmesie, a bigge roote of Turmentyle, and grinde it into powder with a curtesie of treacle & make it bloud warme, and so giue it to the partye to drinke, or else take a peny pot of malmesye, and a litle treakle, & 2 penyworth of myrre, and grinde it to powder, and soput the treakle, and the myrre into the malmesye, and make it bloud warme, and so giue it to the party.

To break winde in the belly, and for wringing in the belly.

TAke commin séedes, fennell seedes, annyséeds, brused or poudered, and then séethe it in wine and drink it bothe firste and last, and at noon daies.

Also take Serpillium, that is pellyfory, and boyle it in broth, and giue it to the sicke.

For

For women that haue great bellies being not with childe.

TAke Isope a handfull, hearbe grasse a handfull, Arsemert a handfull and séeth them all in a quart of ale to a pinte, then preserue thē in a glasse, and giue the woman so gréeued a quarter of a pinte at once both first and last.

For a woman that her wombe is hard.

DRinke the iuice of waybread with olde Wine, and she shall be eased.

Take cinkfoyle, that is to say 5. leaued grasse, and stampe it, and drink it with hot milke, and giue it to the woman and she shall be whole.

For a swollen wombe, or aking of the wombe.

TAke the iuice of rewe, and let the patient drink it with wine or ale, and she shall be whole on warantise by Gods help.

Also take sowthernewood, tansie, rewe, and heate them with salte and she shall be whole.

For to vnbinde the belly and wombe.

TAke hony and séeth it till it ware black, and put therto pouder of salte, and meddle the hony and salt together, poure it vpon an euen stone, or another euen thing, and then be anointed as a suppository ought to be, and put it in the fundament, and it will cause the party for to goe to stoole very well.

TAke and séeth the roote of mulbery in water, and drink therof, and it loseth the wombe and bellye, and putteth out the wormes that be rough and short.

Also make gargarisme of vineger and water, whereas Assa fetida and roses hath béen sodden in, it delayeth the belly that is swollen, and the wombe.

Also take the leaues of hollyhocke, and lay it al hot vpon the sore wombe.

Also take the wine that rosemary and Comin is sodden in against ache of the wombe.

Also take péeres, and dresse them in meate, comforteth and weaketh the wombe.

For

For to loose the belly and wombe.

TAke the iuice of this herbe Britanica, after the mights of the patient, and it will lose the wombe without any perill.

Also take mallows and lethy them and make pottage of them loseth the wombe, it hath ben an experiment proued.

Also take the heads of leeks sodden in oyle of swéet almonds or of oyle cocktill called Zizanium, it loseth the wombe and keepeth it moist.

Against woormes in the belly.

TAke and make pancakes or frittures of meale, with leaues of small tapse barbe, and eate of them, for they are very good against wormes of the belly.

Also take the iuice of rabions is good, and also it sleyeth wormes in the belly.

Also make a plaister of peach bones, with a litle vineger, mintes, and wormwod, and lay to the nauell against wormes in the wombe either long or short.

For to slea or voide wormes out of the belly, drink the iuice of plantain.

Also take the iuice of mintes, and of horehound, and drink it, and it will slea the wormes.

Also the powder of aloes taken with hony, sleaeth the wormes in the belly.

For woormes in the belly.

AGainst wormes in the belly, take garlick, pepper, a little persely, and the iuice of mints, make of them sauce, and wet your bread therin.

Also for the wormes in the belly, take armoniack with the iuice of wormwod and arsmert.

Also for worms in the wombe, make pills of Galbanum, and annoint the gr with hony, and vse them.

Also medle the iuice of rosemary with hony, against the wormes in the wombe.

Also giue the powder of wild gourds and hony medled together, to the patient that hath wormes in the belly.

Also take the oyle of almondes, and put it in his meat with

flower of bitter lupines against the wormes in the belly.

Against the flux of the belly.

TAke small reysons and vse to eate of them with your meate: it taketh away the belching, and stoppeth the flure in the belly.

Also take powder of the rote of Turmentill, and drinke it with warme water of Plantayne, againste the flure of the wombe.

Take the rotes or beardes of lékes dryed on a hot tile, & the smoke taken beneath, is good for to close the flux of the belly.

Take the iuice of the croppes of briers with a glister.

Take the iuice of Sloes in wine, and give it to the patient to drink for the paine.

Take the powder of 5. leaued grasse, and iuice of Plantaine against the flure of the belly.

Take the rotes of ferne, roses, wilde cresses, fig tree leaues, and flowers of camemill, of eche a like much, and beate them together, and sethe them in raine water till the water be halfe wasted, and then receiue the smoake, and washe your fet in the said water.

For woormes in little children.

FOr wormes in childrens bellies make a plaister of this herbe Rodalia, being stamped and laid to the belly.

For woormes in childrens bellyes.

TAke a penyworthe of Aloes siccatrina, and as muche of Colla curtadia, and make them both in fine powder and boyle these two powders on the fire with halfe a pound of swet butter, and so dresse the childe three times ouer the stomache and belly, but let them be strained with a fine cloth after that they be boyled, and rub it well against the fier.

A drinke for woormes in children.

TAke of whete flower as much as will couer a french crown heaped 3. times, and put it into a goblet, then take of fayre water almost a pinte, and set it to the fire, and let it sethe, and

skim

skim it cleane, then take of penidis 2. vnces made in powder, & put it into the water, and let it boile wel, then take it of the fier and poure thereof into the flower, and stirre it alwaies in the pouring that it be no thicker then milk, and no thinner, giue the party to drink thereof god and warme.

A plaister for woormes in children.

TAke of Aloes siccatrina the quantity of 2. benes beaten in fine powder, and put it into a spone, and put therto of the iuice of wormewood as much as will make it moist like vnto a salue, then take a peece of red lether as broad as three fingers, smere it theron, and warme it a little, and laye it vpon the nauell, and binde it to for 3. daies till the childe haue ease, and then take it away: proued.

For a stitch in a mans side.

TAke a peece of white leuened bread, and toste it on both sides, and thin spred it with the beste treakle of the one side of the toste, and cover it with a fine linnen cloth, and so laye it to the sore side where the paine is, and it will helpe you God willing, for this medicine cost fiue pound the learning.

For broken sides.

TAke and stampe rotes in a morter, then put therto the blod of a goat, and frye it together, and laye it all hot to the side, renew him not till two or three daies.

For sore sides within or without.

TAke alisanders, persely, louage, red fennell, smallage, burnet, and gromell and sethe them in white wine till the one halfe be consumed or wasted, then straine it, and let the patient drink it first and last, at euening colde, in the morning hot.

An ointment for sore sides.

TAke a handfull of mallowes, a handfull of groundswelye, a handfull of sowthistle, as much of nightshade, a quantity of Veruaine and dyll, these herbes muste be stamped as small as

they may be, and temper it with naye butter, or sheepes suet, ouer the fire, and so make this ointment and annoint the body or syde that is stiffe by the fet, the oftner the better: proued.

For the postumes in a mans side.

TAke wormwood, mint, calamint, herbe bennet, mallowes, cheruell, sage, Roselowers, punne them together, and put therto comin, and crummes of leauened bread, and boyle them in wine or pisse, and make a plaister and lay it to the side.

For the postume in the sides.

TAke and drink rewe oftentimes.

Also stamp figges with oyle olive, or with greace, and plaister it vnto the side.

Also drink the iuice of scabions, and half a pound of the powder of corrall, and medle them together, and drink thereof a good draught, and it shall breake the impostume of the side.

Also take nat the radishe, rewe, wormwood, centorye, sauin stamp all these together, and drinke it fastinge, and thou shalt breake the impostume inwardly and auoid it outwardly.

For ache in the side or ribbes.

TAke the iuice of knotgrasse with the oyle of roses, and anoint the sides and ribbes.

For ache vnder the sides.

DRink sage with wine a litle warmed, and it will ease the ache vnder the sides and of the wombe, and it is good for the dropsie and palsie.

Also drinke cheruile with wine, and it will ease the ache in the sides.

For all diseases in the side.

TAke worts, and make balles of them being sodden, & brew them in a new earthen pot, and grinde them to powder, and after that gather it together with honye, and smere them well together, and plaister it to the sore sides.

For womens sides that be sore.

Take

TAke hillwate, alisander, perdye, louage, red fennell, redishe enula campana, and séethe all these hearbs together in white wine from a pottle to a quart: and let the patient drinke there of morning and euening till the paine be asswaged.

For the plurisie and for such as are vsed for to let blood, and to saue them from letting of bloud, and to dissolue all ill bloud.

TAke rye bread, and cut it in fine shiuers, & set it in the winde for to drye, and when ye shall be pained with the splene, put the bread in vineger the strongest that you can gette, and let it stéepe therein fower howers till it is well soked, then set it on the fier and séeth it together and make a plaister thereof: and lay it on the side wheras the gréef is, as hot as the party may suffer it, and it shall dissolue all ill bloud, and take awaye the paine in their order, this hath béen proued for the plurisie.

A notable plaister to be made for the plurisie.

TAke the rootes of wilde mallowes, the greace of a hogge, the greace of a fox, of a goose or ducke, of each an vnce, freshe butter, and Terrebanthium of ech halfe an vnce.

Also the fat of veale, 6. drams of the oyle of dyll, halfe an vnce of the mary of a déere, the legs of calues, of ech half an vnce, the powder of the séedes of flax, vineger, and bay berries, of ech thrée drammes, and eight figges. beate all in a morter, then put all in a panne putting flaxe therein to binde it together, and stirre it with a sticke vpon the coales, and then take the whole or parte thereof, and spred it vpon lether, and couer it with silk, and baste it with thréede like a quilt, and so apply the plaister to the place so greeued as close as you may: and by Gods grace you shall finde great ease for the paine therof, proued.

For ache in a mans back.

TAke clote rootes, and make them cleane and stamp them and temper thē with ale that is stale and boyle it well, and strein it and drink it in the morning colde and at euening hot.

For the paines of the backe, for man or woman.

TAke wallwoꝛt and ſeeth it, and preſſe out the water, and bray it in a moꝛter, then fꝛye it with ſheps tallow, and put ther-to cleane bꝛanne, and plaiſter it to the backe either of woman oꝛ man, and it ſhall helpe them by Gods grace.

For the reines of the back.

TAke two newe laid egges, and put away the white, and fill the ſhell with the iuice of clarye, beate it faire and ſtrayne it, and ſtirre well the yolkes and the iuice together, ouer a ſewe coles foꝛ the time it is boyling, and then take one and eat it, and vſe this 9. daies faſting and it ſhall ſtrength your raines, and comfoꝛt nature, although the patient be right feeble, it hath been pꝛoued.

For a ſore back.

TAke mallowes and ſeethe them in faire water, and laye it vpon a red cloth to the ſoꝛe as hot as ye may ſuffer it.

Alſo take kernels of haſell nuts, and the dunge of the houſe culuer, and May butter, ſtampe them together, and it ſhal make any ſoꝛe foꝛ to bꝛeake and to heale, and foꝛ the great paine in the backe often pꝛoued.

For the raines of the back.

TAke 2. gallons of ſtrong piſſe, and fyll it, and take a handfull of lappy ſage and hemlock, mallowes, rewe, egrimony, ſcabions, and fyll all theſe together to a pinte, and when it is ſtilled put therto 4. ſpoonfulls of oyle olive: this is made pꝛincipally foꝛ the raines of the back.

For the raines a good drink.

TAke the iuice of betony, of wine an vnce: and of the Betony a ſpoonfull: and the powder of pepper, meddle theſe together and dꝛink it foꝛ 3. daies faſting.

For the waſting of the kidneys and for paines of the backe.

TAke a handfull of planten, a handfull of perſely, a handful of betonye, a handfull of water betonye, a handful of Soꝛrel,

a boſſen

a dossen croppes of rosemary, sæthe these in 3. pintes of ale, til it be wasted, and straine them, and put thereto a pinte of sack, and a good peece of suger, and burne it well together and so giue it to the party all hot euening and morning: proued.

For the whites or the running in the raine.

TAke white washed Turpentine, and make it vp in balles like pylls, then take sinamon, ginger, and rowle the baules in it, and take thē as you would doo pills morning and euening.

For the whites.

FOr the whites or weakenes in the back, take an earthen vessel, and put it in a quart pot of faire water wherein you must quench two or thrée gadds of stéele being redde hotte, then stæpe therein an vnce of letticeséedes 24. houres, then strain the same and sæth it half away, and scum it very clean and kéep it in a couered cup, and drink this morning and euening with powder of Iuory.

Also take archangell and sæthe it in drink, and drink it morning and euening, it is very good, the redde for the woman, and the white for the man.

For all manner of aches in the back.

TAke egrimonye, mugwoorte, bothe the leaues and roots, and stamp them with swines greace and vineger, and sæth them and lay it to the back.

Also take a good quantity of penyriall, and put thereto vineger and oyle oliue that is gréene, and laye it to thy backe playster wise.

For him that hath lost his complection from the back.

TAke lynséed and stampe it small, and temper it with Goates milke, and straine it all warme, and drinke it 3. or 4. times fasting, and thy complexion will come againe.

For the paines in the back.

TAke Vnguenum rosarum, and chafe your backe Morning and Eueninge, and laye to this plaister: take Fetherfoy, Tansye, Housléeke, of eache a handfull shredded and stamped

fine

fine, then frye them well together with a fancer full of hony, and two vnces of doues dung, of the newest you can get when it is thick like a plaister, then put it in the end of a small sleeue, and so lay it to your backe all warme.

For all manner of ache in the back.

TAke smalladge, egrimony, mon seere, and stamp them all together, and washe them well firste, and temper them with ginger, and frye them well in bores greace and make a plaister, and as hotte as the sicke maye suffer laye it on the ache, and he shall haue ease.

Another for the same.

TAke Lillye rootes, Cammemyle, Annysedes, and stampe them all together, and frye it in bores greace, and put a litle wine thereto, and in maner of a plaister lay it on a cloth, & binde it fast to the back or raines all hot, and after three or foure daies remoue it with renewing of the plaister thereto with more freshe.

For the running of the raines.

TAke pellytory of the wall and stampe it and streine it, and drinke it with malmesye or white wine or ale, and doo this often till that thou be all whole.

Also a tansye made of clary, is very good for the same disease proued.

For womens termes.

TAke selondine and let a woman put it in her hose vnder the soles of her feet it is very good.

Also mollet leaues, hollyhockes, the red flowers of them is very good.

Also the great leaues of burres and seeth them in strong ale is very good.

For wasting of nature.

TAke a pinte of malmesye, and put thereto a peny woorthe of Sinamon and an other of cloane mace, and boyle them ouer the fier with wine, but firste make powder of your spices, then take treakle as much as a damson, and put therto, and stir

all

of your drinke in the glasse, then if your drinke be done, you must make more: but you must understand that the sicke man must lye vpright sixe dayes, and that he be bounde wisely and faire, and that he eate laratiue meates for straining of the humours, and it shall heale him mightely: and sore proued.

If a man or childe be newe broke this will cure him.

TAke the rote of Camphier and the leafe of almonde, and the yonge rote of Elme leaues, Auence, and leaues of Madder, and the leaues of calfeye, of eche of all these a like muche, these must be sod in newe Ale with a good quantitye of clarified hony and skim it and put it into a pot, and euery daye drinke thereof fasting, and also at euening: and binde it vp straightly.

For broken bones in what place soeuer they be.

TAke a newe tyle, and make him in the fier, and make it all to pouder, tye it in the fier againe til it be red, let it kele, and take that pouder, the iuice of daylies, and the iuice of camphier by euen portions: and melte all together and make a plaister thereof and laye it to the bone that is broke, and euerye daye renewe it therto. Item take daylle, and camphier, and egrimonye, and temper them with vineger, and lay them thereto, and it shall helpe them to greene.

For the bone ache and to take it away.

TAke Spere wort, olines, Crosote, hearbe Christopher, walwort, henbane, honysuckle flowers, cuirage, rosemary, mallowes, red wort leaues, red onions and ribwort, styll all them by them selues, and after meddle together all saue the Spere wort, which muste be medled with halfe a parte of the other waters, meddle them before the fier with your hande and annoint the place therewith oftentimes.

To knit a broken bone.

M. Take

Take auence, camphier, egrimonye, and temper them with vineger and laye it to the bone, Also take daysies, the crops of hempe and red Coles, and redde nettles, and bramble leaues Southernewood, Tansie, Pimpernel, Betony, Buglosse, madder, wash them and beate them small, and drinke the iuice therof both morning and euening.

For all maner of bones that aketh.

Take a pinte of white wine, and the gall of an ore, boyle them well and skimme them cleare, then take crummes of white bread and dw it therto, and make therof a plaister, and laye it to the grefe foure or fiue times: and it shall helpe them.

For broken bones.

Take creyland that is burnt and grinde it to powder, and put thereto the iuice of daysies and the iuice of Camphier, and straw on the powder till it be thicke and lay it to plaisterwise, and the broken bone shall knit very shortly.

To make an ointment for burning of Gunpowder, or for scalding with water.

Take a quarte of hores greace, and two handfulls of groundswell, and 2. or 3. heads of houseleeke, and stampe the herbes together, and then put to it of new sheps dung, two handfulls, and as muche of goose dunge and stampe all together, and frye them, and being hot strain them through a cloth into an earthen pot, and with the licour annointe the sore that is burnte with gunpowder.

To take away a heate or burning with Gunpowder.

Take a good quantitye of houseleeke, stampe it and wringe out the iuice: take the white of fire egges, and beate them in a dishe til they be thin, and then take off the scum and put the rest together, and wash the sores with a linnen cloth, and laye a wet cloth on the sore.

A remedy for burning or scalding, or any hurt with an hand-gun.

Take

TAke the dung of geese of one nightes making, and freshe Butter vnsalted or else clarified Shæpes sewet, and frye them in a frying panne a good while, vntill your sewet be almost consumed, then put them in a course linnen cloth, & streine them into a small vessell, then take a fether and dippe it in the licour, and annoynte the place so burned or scalded, and when you haue so done, wet a fine linnen cloth in the saide licour, and couer the sore withall, and do this twice or thrice a day.

For burning or scalding.

TAke halfe a pound of shæpes sewet, and as much of the crindells of shæpes dunge, and a quarter of a pounde of the inner rindes of the ellern træ, and frye them all together, and draw it through a cloth into a pewter dish and it will be fast, chafe it again the sore.

For burning a medicine proued.

TAke the white of hennes dung and of shæps dung, of ground iuie, of houseleeke, shæpes sewet, and boyle them all together and straine them, and so annoynte the sore burning, and take a rose campion leafe, and laye it aloste of it, and then a thin cloth, and it shall helpe it.

For burning a remedye.

TAke bores greace and put it into a frying panne, and wring out the greace reseruing the sewet, then take not fully half so muche rape oyle, and put it thereto with two or thræ spoonefulls of cleare Wineger and water, labouring them all together and so reserue it to your vse, and stoppe it close till time of need and this shall helpe thee.

For burning with fier.

TAke blacke Wernish and all to annointe the place with a fether, and it will saye the heate and heale it as faire as euer it was, and vse it till you be whole.

For burning and scalding.

TAke a good handfull of auence, and as much of sheeps dunge and frye them in maye butter, and streine it, and annoynt the place with the same colde twise a daye, and annoynt it firste with graye or blacke sope, and it will helpe thee, the oyntment must be spread vpon a flaxen clowt if you can get it.

Also take oyle olyue and beate it with water till it wax very white, and annoint the sore place.

Also take snow water, and that will allwage the heate, and then take the white of an egge, and clip the haire of a Cunnyes skin, and dip it in the white of the egge, and laye it to the burnte place and it will heale it, and it wil cause the skinne to be more fairer then all the other: proued.

For all bruzes a medicine.

TAke planten, orpin, camphire, hollyhock, and flower, & make a plaister and lay it to the sore.

Also take the groundes of ale or beare, and wheat braune, and chickeweede, and laye it to the greefe thre or foure times a daye vpon a redde cloth not too thinne.

For a bruze.

TAke pitche and rosen, and wrought waxe, and bores greace, or swines greace, of each a like much: and boyle all these together in a panne till it come to a salue, and then strike it vpon a linnen cloth and lay it to the bruse, and let it lye 4. or 5. daies therto, and you shall finde great ease.

Another medicine for a bruse.

TAke halfe a pound of sheeps sewet cleane tryed, and as much vnwrought waxe, 2. vnces of rosen, and a spoonefull of frankencence in fine powder and well searced: then boyle them all together and skim it cleane with a fether, and when it is boyled take it from the fier, and when it is halfe colde then wet or dip a linnen cloth in the same, so that euery part be through wet and laye it abroade till it be through colde, and rolle it vp, and it may be kept all the yeere, and die it as need shall require

for

for this is a precious leafe cloth for all maner of ache or bruses: proued.

Also take mallows, smallage, bruse wort, plantē, the moze of smallage, and temper it with sheepes sewet, and make this salue in maye, and you maye kēp it all the yere after and vse it as your nēde doth require.

For all maner of botches.

AGainst botches, meddle this hearbe Timbalaria with sheps dunge and laye it thereto plaister wise, and it shall ripen the botch quickly.

Also to ripe botches, confect fiue or sixe drammes of Electrium with barley meale, and the white of an Egge, and laye it to the botche.

For to breake the botche.

TAke bramble leaues, elder leaues, and mullerd sēd, & stamp them all togethēr, and then take of it and make a plaister therof and laye it to the sore and it will drawe out all the venime.

Also take one spoonfull of honye, the iuice of spurge 2. spoonfulles and a halfe, of wheaten flower a good quantitye, and one spoonfull of Turpentine, temper al these togethēr and laye it to the botche: and it helpeth.

For biting of a serpent.

AGainst bitinge of a Serpente or venemous beaste, take 2. drammes of the powder of egrimonye with two measures of wine that are called Ciates, and it will cast out the venim.

Also take centory and stamp it with his own water, and giue the sicke to drinke, it is as good for beaste as men, for the biting of an adder.

Also beare vervain about thē: and the serpent shall not hurt thē.

Another for the biting of a Serpent.

TAke and seth 2. or 3 handfull of vervain and washe the place therewith, and stampe the leaues and lay thereto, and it will

abate the swelling thereof, and braye this hearbe pernein with hony, and lay it often thereto, and it will resounder and heale it faire againe.

Also the iuice of cinkfoyle being drunke, putteth out all venim, so doth the iuice of plantaine.

For the biting of a madde dogge.

TAke of the sæd of bore and stampe it, and temper it with water, and giue it to the party so grieued.

Also take lauerye and temper it with bread, and lay it therunto.

Also stampe long Plantain, and laye it to the grieued place: proued.

Also take wallnuts and stamp them with salte and an Onyon, they be good for the bitinge of a madde dogge being layed thereto.

Also Betonye that is greene being laide thereto, it helpeth the biting of a madde dogge.

For biting of venemous beastes.

TAke Garlicke and bray it, and lay it to the place so bitten.

Also if garlick be eaten, it putteth forth the venim in the bodye.

Also take the powder of Aristologia rotunda, with the iuice of mintes.

Also if the roote of brusewyte be bruised and laide therto, it healeth the biting of venemous beastes.

For a man or woman that is in a consumption.

TAke a brasse pot and fill it with water, and set it on the fier and put a great earthern pot within that pot, and then put in these parcells following.

Take a Cock and pull him aliue, then flea off his skin, then beate him in peeces, take dates a pound, and slit out the stones: and lay a layer ouer them in the bottome of the potte, and then

lay

TAke a peece of Porke of a male Hogge which is leane, and perboyle it in water vntill the blood be cleane out, the boile it in stronge ale a good while, and after that take it and distill it with a softe fier, and then keepe the water, and washe the places so greeued 2, or 3. times against the fier.

For a Sciatica an other medicine.

TAke an ore gall, and red Allam, Rosemary toppes, bay salte Aqua vitæ, and vineger, and braye them well together, and set them on the fier, and alwaies stir it, but let it not seeth, and so vse it as need requireth.

Also take auence, comin, and as much white salt, a handfull of red nettles and seethe them in pisse, and when they be well boyled put therto Aqua vitæ, and annoynte well the sore therswith three or foure times et sana

A medicine for the Sciatica.

TAke time, lauender cotten, the rūnings or out laces of strawberies, of each a like quantitye, a nesse or two of yong swallowes a liue feathers and all the guttes, and stampe them very small, and so frye them in may butter that is sweete and newe, boyle them on the fier, then straine it through a cloth, and put it into an earthen pot, and so vse it at your pleasure.

For the cramp.

THe crampe that cometh mosse of contractions, of nerues or else it cometh of to much fulnes of the bodye, or to muche leannes, and note well that in the palsie the members be more longer then they should be by releration, and in the crampe the members are shorter then they should be by shrinking of ỹ nerues but the cramp that cometh of wasting, is seldom cured, if the paine be great, and with all ease it with oyle of roses or of Camemile hot, and of yolks of egges and saffron together, and wet bread in sweet hot milk, for this seaseth the aking of the nerues.

Also make a garter of an hares skinne, but the liuer is said to be full good for the crampe: proued.

For the cramp a remedy.

TAke oyle of Cammemyle, Fenekreke, and annoynte the place.

Also sethe herbes betonye, wormewood, veruaine and time are exceeding good for to washe the partye so troubled, with the crampe, make it in a bathe.

Also saye these words when the cramp cometh vpon man or woman three times: Bero, baro, bartora.

To make one for to haue a good couloure.

TAke and drinke the iuice of Isope fasting, warme it: and it maketh one for to haue a good cullour, and it is good for the sight, it distroyeth wormes, it is also good for the stomacke, the liuer and the lunges.

For the canker a remedy.

TAke lentills of the water which be called Frogges sete, or Emets meate, it is of greate vertue if it be stamped, and the iuice medled with porkes greace, and lay it plaister wise on the canker, it fleath and healeth mightely.

For the canker a remedye.

TAke as much allam as a nut, halfe a glasse full of hony, and a pinte of red wine, and sethe them together till it be come to the thirde parte, then strain it through a cloth, and washe the sores therewith.

Also take a handfull of vnset leks with the rots, and a small quantitye of yarrowe x. or xx. braunches therof, and boile them in white Wine vntill they be all very softe, and then straine them and clarifie them: and let the patient drinke of it morning and euening blood warme.

For to flea the canker within a mans body.

TAke the rote of dragons, and breake it in small peces, and dry it and make it in powder, and take nine d. waighte of the powder and put it in Wine, and sethe it well, and then let the

sicke

ſicke drinke thereof warme faſting for 3. daies.

Alſo take a handfulls of ſage, and as much woodbinde leaues, with the rotes of a wilde vine, this being ſtamped and ſtrayned, take a litle hony with a peece of allam being warmed, and ſo waſh the ſore place where the canker is.

For the canker an other remedye.

TAke chriſtall and make it in fine powder, and the powder of Harts horne burnte, with as muche of the rinde of a Pounegranet, and the iuice of nightſhade, and giue all theſe to the party either man, woman or childe.

For the collick and the ſtone.

TAke a handfull of ſapifrage, a handful of pellitory of the wall a handfull of vnſet Iſop, a handfull of vnſet time, and ſeethe all theſe herbes together with a quarte of malmeſie to a pinte, and the ponder of whole egge ſhells, and as much powder of haſell nutte ſhelles, when you haue put the licour from the herbs, then put in the powder and warme it: and giue it to the patient to drink.

For the collick a remedy.

TAke white time, perſelye, bruſe them and ſtraine them with ſtale ale, and ſet it to the fier and make it warme, and put therto a good quantity of graines and ſo drink it. Alſo take broom ſeede that is greene: and giue it to the party to drink being dried and made in powder, and when the paine is vpon him vſe it.

A medicine for the collick.

TAke a pinte of ſallet oyle, halfe a handfull of white ſalte, and ſeethe them: then dippe in two or three handefulles of black ſheepes woll, and binde the ſame from the nauel to the bottome of your belly as warm as you can ſuffer it.

For the collica paſsio.

TAke the rote of quintfoyle and long pepper, and grind them ſmall in powder, and drink it in good ale. Alſo take time, and

saffron, stampe them together, and put thereto a little good Ale, and straine it through a cloth, and then giue it to the patient to drinke and it shall ease him forthwith. Also make a plaister of the herbe Philopendula being sodden with the aforesaid herbes.

For the collica passio.

TAke the crummes of cleane wheaten bread, and white vinegar, and the pouder of comin, and boile all them together, and make a plaister thereof: and as hotte as the sicke maye suffer it laye it nere to the belye and he shall sone be eased of his paine Also take Turmentile and Treacle de baies, and eate it, and drinke of the water of ellerne flowers stilled.

Also take vnset lekes and cut away the tuftes and all, then take the white of the leke and braye it small with may butter, and frye it and lay it very hot to the nauell being bounde with a cloth.

For the collick and the stone.

TAke the grene pithe of an Elder stalke that is betweene the barke and the stalk and stamp it small, and drink it with good stale ale, and it shall breake winde.

For a man that is cosife.

TAke mallowes, mercurye, and sethe them with Porke, and make therof pottage, and let the party eate therof, and drink whaie and it shall make him soluible. Also take the iuice of walwort and medle it with hony: and drinke it.

For the dropsie proued.

TAke 2. pound of sage riall, and 2. pound of water carsen, and 2 pound of Isope, take these herbes and bray them in a morter and wring out the iuice therof, and then take wheat flower, and blende it with the iuice, and make a loafe therof and bake it in an ouen, and al hot break him into 2. or 3. gallons of good stale ale, and let there be no dregges therein, and so let it stande all night and stoppe it close, and let the sicke drinke therof at all times, and he shall be whole. Also take Borage, and langdebeefe

and

and perselye, and scabies, and of water cresses as much as of the other hearbes a handefull, of Smerewort, and vse this pottage with that drinke and he shall be whole.

An other for the dropsie proued.

TAke 4. pennye waighte of scamony, and 2. pennye waighte of rewbarbe, and 6. penny waight of seene, and a d. waighte of setwell, and a peny waight of spignard, and a d. waight of ½ pouder of cammemile, and an vnce of suger, and braye all these spices in a morter of brasse, and meddle therewith the Suger, and then let the sick vse this medicine 3. daies fasting, a good spoonefull at once, and it will make him for to haue a good stomack, and do awaye all euills.

For the dropsie if it be curable or no.

TAke barly meale and the iuice of spinage and of marygoldes and make thereof a plaister, and laye it three times, vnto a mans liuer, and if the plaister be drye soone he is curable, and if it drye not he is vncurable.

For the dropsie an other proued.

TAke a handfull of the tender croppes of brome, and stampe them and straine them in a quarte of stale Ale, and boyle it till it be halfe wasted, put therto some sinamon and ginger, and set the patient vpright in a chaire so that his feete touche not the grounde by two fote and a halfe, then put vnder his feete a pan of coles, and laye ouerthwarte the panne a paire of tongues, or two, and laye theron greene brome, and let him set the soles of his feet theron, and giue him of the drink bloud warm, and so let him sweate well when he goeth to bed.

For a dormitory.

TAke a quarter of a pounde of almonds blended, and half a pounde of hempseede, 3. times washed in clean water, and fiue Dates, and stampe them altogether, and put thereto good stale Ale, and take an vnce and a halfe of Poppie

seede

sæde brused, and let it lye in ale 3. or 4. howers, and then sæthe them together and straine them, and giue the sicke to eate of it warme: and it shall make him sleepe by Gods grace.

To draw a byle from one place to an other.

TAke Oculus christi, veruain, and make a plaister of them, and let it lye from the byle 2. fingers broade, and when it hath lyne a good while renew it, and doo so still to that place that you would haue it, and there let it breake.

To draw out arrowes out of a mans body.

TAke polipodion and grinde it with freshe greace that is olde and binde therupon, and anon it shall passe out be it arrowe or thorne or any other euill thing.

Also for an arrow head in a mans flesh, take red spere roote, temper it and sæth it with hony, and then lay it on a cloth, and lay it to the wound and it shall draw it out by the grace of God quickly.

For a dart in a mans body.

TAke a woorm that is called piacher, that is as great as a bean and is cleane blewe or sender, and it hath many small fæte, and white vnder the belly, and when a man toucheth it: it will be as round as a button, take the woorme, and rubbe it well against the darte that it be al broken, and doo this euery day thrée or 4. times and at euery time rub 3. or 4. woormes.

For all maner of fauling euills.

Domini, not with rme.

TAke the bloud of his little finger that is sicke, and write these 3. verses following, and hange it about his necke, Iasper fert mirram, thus melchior balthazar aurum, hec quicum secum porta tria nomina regum, soluiter a morbo domini pietate caduca, and it shall helpe the party so græued.

For the falling euill.

TAke the powder of osmonde and the roote of pylny, and take the powder of mortegan, and drinke all these with stale Ale

and

altogether, and let the sicke drink therof hot at all times and it shall auoide all fleme and winde in the interiors partes of man to restore his nature: proued.

For all impostumes in the body.

TAke centory, rosemary, wormewood, horehound, and make it in sirrop with white Wine, and let the sicke taste therof, and it shall cause the postume to goe downe, and when it is broken: let him vse to drinke of the same sirrop warme.

For to destroy all impostumes either in man or woman.

TAke the rote of hollyhock, and washe it cleane, and seethe it till it be tender, and then put out the water into a vessell, and then take Lynseede and fenegreke, of ethe of them a like muche, and se that thou haue as much of the two as the rot that is sodden, then seeth them in ỳ same water til it rope as it were birdlime, then stampe the rote and do therto barly meale, and mingle them wel together, and fry them with bores greace, and lay it to the sore plaister wise, as hot as you may suffer it, and with in nine daies ye shall be whole.

Also take turmentile and let the patient drink it often, and it shall cure him.

An experiment to take away the mother.

TAke a great deale of mugworte, and as you gather it: slice the leaues downeward, then washe them cleane, and boile them in running water till they be soft, and when the party goeth to bed let him or her washe themselues therewith from the nauell downeward both flanks and members, and also the mother so hotte as is possible to be suffered, remember the parties that they wash not vpward at any time, and with in three daies washing, the parties either he or she shal be whole god willing.

An other medicine for the mother.

TAke a handfull of mother time, a handfull of motherworte, a handfull of Isop, a handfull of sage, seeth all these in a gallon of faire water vntill it be halfe consumed, then washe it vpon

halfe a pecke of malte, so let it stand an houre, then take the wort of it as you do for drink, and put yeste to it, and it is thus made, and let the party drink it morning and euening.

A drink for the paine of the mother.

TAke a dram of Mithridatum, and dissolue it in an vnce and a halfe of water of wormewood, and giue it to the woman for to drink before that she goeth to meate 4. houres, and let her not drink a good while afterward: proued.

A most excellent medicine for the mother, the collick and stone.

TAke fennellséede, Coliander séede, carroways séede, Persely séede, gallingall séede, gromewell séede, an vnce of eache of these. Also an vnce of leaues and coddes of Scene, a quarter of an vnce of spignell, a quarter of an vnce of time, take all these & make them into powder, and searce them through a searcer and drink them in white wine or good ale firste and laste, and in all maner of sauces that you eate with your meate, and this medicine shall cure the mother, the stone and the collicke: proued.

Another for the mother.

TAke Mugworte, and herbe simonde, saudrye and red mints, and drinke all these iuyces with red wine, and giue it to the woman that is pained with the mother.

A good medicine for the mother whatseuer the cause be.

TAke the rasinge of iuerye, and the rasinge of an hartes horne with the haire of a Hare dryed, and made in powder, and as much of gotes clawes burnt and poudered if they maye be gotten, or in stéede of it shéepes clawes, take all these and vse to eat of them in your pottage, or otherwise in your drinkes.

For the genitories.

FOr the paine and swelling of the genitories, sethe well the rote of bruse, and make a plaister therof, and put sewet to it and binde it fast thereto with a bande, and it will cease the pain and swelling of the coddes.

For swelling of the coddes.

FOr them that haue swollen coddes with fleame, so that they shine, stampe doues sot with small grene lettice, and lay it plaister wise therto.

Also take barly meale, and hony, and fry them together, and make a plaister thereof, and let the party so grened lay it warm to the grese of the cods.

For swelling of a mans cods.

TAke rew and wormwod, and stamp them together, and put thereto hony, and make thereof a colde plaister, and lay all about the codde, and when you will take the plaister away: then wash the cod with vineger, and he shalbe whole.

For a man that is bruised or that his coddes be sore.

TAke the woll of a blacke rammes cod, and put that woll into oyle and powder of comin, and heate it hotte, and therof make a plaister, and as hotte as the party can suffer it, laye it to his cods, and it wil do away the aking, and make it whole with in three or foure times dressing there with.

For swelling of the coddes.

TAke Rose leaues, rosewater, red Wine, Cammemyle, or camemile flowers, and beane flower, let them boile together, and make a plaister of it, and laye it to the codds as hot as he may suffer it.

Also take the iuice of walwort, aysill and hony, put thereto barly flower: and seth them till they be thick, and binde it to the sore all hotte.

For a mans yard that is scalled.

TAke bruse wort, verueine, herbe roberte, pimpernell of ech of al these a good quantity, and most of al of pimpernel, stamp

them all together as small as you may, then fry them with butter, and straine it through a cloth and put it in a box, and therewith anoint your yard cold, and of these herbes make a plaister and lay it to your yard cold doing it euery day 2. or 3. times a day.

For a mans yard that is brent.

TAke a linnen cloth, and burne it to powder, and take oyle of Egges and annoint the sore, and fill the greef with the saide powder. Also for a mans yard that is sore and full of holes take a good companye of daysies and stampe them, and change them often. Also take linsed and burne it, and make pouder thereof, and dow it in a cloth: and lay it to the sore.

For a sore in a mans yard.

TAke swinis more, hocke leaues, ambrose leaues, veruaine, pezitory, cherfaile, mastick, bruse these herbes together in a morter, and mingle them together with mastick and swines greace, and oyle oliue, and boyle them, and straine it through a cloth, and with this vnguent anoint the sore yard so greeued.

For the swelling of a mans yard.

TAke lekes and braye them in a morter, and frye them in freshe greace of a bore, and make a plaister, then laye it all about the yard, and it shall allwage and heale it prouid.

Also take claye and beate it to powder, and sifte it, and take wine vineger and seeth them together and make a plaister thereof, and it will take away the swelling thereof.

For paine in the bladder.

TAke foure drams of betony, and 4. rootes of smallage sodden in water, but firste seethe the rootes till the water be halfe wasted, then seeth the betony therin and drink thereof.

A decoction for to drink with wine for them that make bloody water by fracture of any vaine, within the body, as in the liuer, raines and bladder.

Take

TAke of knotgrasse, Pursa pastoris of eche a handfull, the cups of acornes, of camphire: 1. leafe, of Sinamon a dram waight, of Lycoris cleane scraped and sliced 1. dramme waight, of water a quarte, of Suger two vnces, all this must boyle to the consumption of the third part, and then let it runne through a faire cloth into a cleane vessell: and when it is cold put it into a glasse and in your drinke vse thereof either in ale or beare, and it shall ease the bladder of payne.

For him that pisseth bloud.

TAke Amarose, Pursa pastoris, Perselye seede, stampe them and temper them with goates milke, and giue the partye to drinke, and it will staunch him shortely.

For a man that pisseth bloud.

TAke of the earth that is on the Swallowes nesse: and put it into hotte water, and giue the sicke for to drinke, and the bleeding shall staunche within a while.

For a man that may not holde his water.

TAke the clawes of the gote and burne them in the fier, and make thereof powder and let the sicke vse of this powder in pottage a spoonfull at once and he shall be whole.

For a man that may not pisse.

TAke Mallowes, a good quantitye of gromell, and seeth them in vineger a good while, and then let the sicke drink thereof warme: and he shall pisse soon after.

An other for the same.

TAke lanberd, and make powder thereof: and then let the sick drinke thereof with white wine, and he shall pisse soone, for this medicine hath been proued.

For a hard wombe and for to pisse.

TAke perslye seede, ache and spurge, of euerye of them foure vnces: stampe them to pouder and blend them to a portion of

and drink it morning and euening with wine or water.

For to make a man to pisse well.

TAke peritory, stamp it and fry it, and lay it all hot to a mans share.

Also make a plaister of the flower of cockle and hot water and so lay it to the sickes share.

Also Linseede sodden in pony long, doth cause a man for to pisse well.

For a woman that may not holde her water.

FOr a woman that may not keepe her water, take egrimonye and salte, and stamp them together small, then seeth it in old wine, into the third part, and giue it her to drink.

For a man or woman that may not well pisse.

TAke Galbanum and lay it to the end of the mans yarde, and for a woman lay it to her nauell.

Also drink the crops of red nettles, sheeps tallow, senson of a house top, and fry it well together, and as hotte as the man may suffer it lay it to his yard, and for the woman lay it on her nauel all hot prouoned.

For one that may not well pisse.

TAke a quarte of white wine, and a good peece of stone pitch annyseedes, persely seeds, a peece of suger, and let it seethe from a quard to a pinte, and drinke it warme euening and morning: and it shall helpe the party so greeued.

For straightnes of pissing.

TAke and seeth, camemill in wine or water, and oftentimes drinke thereof it easeth greatly, and it profiteth greatlye for the stopping of the milte and of the liuer.

Also take the leaues of stamarche, or alisander, and put them on a tile stone being warme, and lay it al hot to the priuie members, and it will raise the straightnes of the pissing, and abate the paine therewithall: prooued.

For

For Gomora passio.

GOmora passio is flowing of a mans séede against his will, and commeth of diuers causes, either for féeblenes of the raines, or of plenty of bloud, or of a palsie in man, this passion is perilous, for it bringeth a man vnlusty or womã, that her ioints be as sore as a man that is wery with trauailing, & hath no wil vnto a woman.

Take the séede of lettice, and make it in powder, and drink it with water, for it straineth the fluxe of kinde, that passeth forth in the patients water against his will.

Also the powder of mintes dried in an Ouen, best restoreth kinde, and restreineth the errours of the fluxe.

Also Castorium boyled in the iuice of Agnus castus that is called tutsone, and being drunk is good for the passion.

Also amber orientall is a pretious thing, and Caldo plaistered and laid on the raines of the back.

Also temper the powder of camphier with mustilage or veriuice, or the iuice of morrell, and therewith anoint clothes, and lay to the yard.

For all euills in the bladder.

TAke ache and persely, fennell and pimpernell, all by euen portions, braye them together, and temper it with warm water, and drinke it, for it will make the euills to passe, and for to cast out the stone that is in the bladder: proued.

An other for the same.

TAke porret that neuer was set roote and all, braye them, and temper them with wine or with stale ale and séeth it from a pottell to a quarte, and take of the powder of Philopendula an vnce, and vse this nine daies till thou féele thy selfe eased.

For a priuy malady that a man taketh of a woman.

TAke a dead mans bones and burne them, and make powder of them, and lay the powder on the haire, and thou shalt be whole by Gods grace.

Also

Also if a mans flesh rise too much let him drink often veruen and his fleshe shall not rise, nor he shall haue any liking unto a woman.

A water for canker in the nature of a woman or in the yard of a man.

TAke an vnce of roche allam, and half an vnce of Verdegréese, and put therin smiths water into a glasse, and let them boyle for the space of two houres, and wash the sore place therewith.

To prouoke flowers in women.

TO prouoke the flowers in women, make a fomentation of the decoction of this hearbe Tutson, and of the hearbe called Centrum Galli.

Also take a gum that is called Serapini, and meddle it with powder of centory, and lay it to the nauell.

Also let the woman bathe her self in the water that camemil hath been sodden in.

Also take the iuice of marygoldes drunken or eaten with a rere egge, and meale made in frittures doth the like.

Also to cause the flowers to flowe in women, take the iuice of nettles and hot vrine, and put it in the matrice.

Also make a fume or smoake of Storax calamitæ vpon coales, and let the woman receiue the smoake with a sonnell.

Also wine medled with the powder of mirre and suthernwood causeth the flowers in women.

For the excessiue flowing of womens flowers.

THe woman must be bathed with the water that this hearbe wooddippe is sodden in.

Also take and make a suppository of the powder of Bolle armoniake, and the powder of Sumac, of masticke, and the iuyce of planten, and put it into the conduit.

Also Oken leaues eaten, stoppeth the lunges, and excessiue flure in women, and chéefly the water drunke that the middle rinde is sodden in, or therewith bathed.

Also to stop the flowers that flow abundantly, take and sieth

fine leaued grasse with raine water, and so let the partye bathe her selfe therwith.

For a woman that is in trauell with childe.

TAke leek blades and scalde them in hot water, and binde them to her nauell, as hot as she may suffer it, and it will do out the dead child, and when the childe is forth, say 3 times Quicunque vult ouer the woman, and she shall be safe.

For sicknes that causeth a woman that she may not conceiue with childe.

TAke a Hartes horne and burne it to powder, and then take Goates milke, and set it ouer the fier, then cast of the powder afore said a quantity into the milke, and drink it off as hot as she may suffer it, and this will ease her of her paine.

To make a woman soone to conceiue with childe.

TAke the wine that neppe hath been sodden in, the third part, and giue it to the woman to drinke fasting, for three dayes together, and she shall soone conceiue with childe.

Also Ipocras saith, that a woman that is with a man childe is ruddy, and her right side is corny about, and if she be with a maid childe, she is black, and her left pappes is corny about.

For a woman that is swollen in her belly as though she were with childe.

TAke sauery and stampe it, and put thereto good ale, and take Jet and white amber, and make them to powder very small and giue it her to drink with the sauery, and make a plaister of sauery, of Isope, and of leeks fried in freshe butter, and laye it to her belly and raines, and she shall be whole.

For a woman in trauell of childe.

FOr the after throwes of a woman if it be the first childe, take the house or bed that the childe was in when in came out of the mothers belly, and washe that bed fairs and clene, and then cast away that water and then take faire water, and therewith

sixth the house of the child, and let it sixth a great while thē take it out of the water, and bury it where you will, and giue ꝑ woman a quantity of that water to drink that it was sodden in, and she shall neuer haue the after throwes a gaine.

A powder for women labouring with childe.

TAke betony and make it in fine powder, and giue the party thereof for to drinke, and it will cause her to haue good delyuerance quickly.

For the whites in women.

TAke Galbanum an vnce, mastick 2. d. gallingall 1. vnce, sinamon 2. vnces, Calamus aromaticus, 3. vnces, ginger 1. vnce, Bolle armoniack 1 d. white nutmegs 3. vnces, Quebebes 2. vnces, long pepper 2 d. white pepper 2 d. beate all these together in a morter with a quarter and a half of white suger, & let it be fine powdered, and let the patient take it in the morninge in warme posset ale clarified, and 1. d. of Maces boyled in the Ale, and at noone in her brothe, and at night with a little boyled milke, the waight of a dram at a time.

Also to bring down womens flowers.

TAke a spoonefull of the iuice of Isope, and a spoonefull of the iuice of germaunber and sowthernwood, in like maner take the wilde tansie, and wilde time, and boyle them in white wine, and giue the patient for to drink till she be whole.

For to make a woman to conceiue a childe speedylye.

TAke Tyme, and make oyle of the Croppes and Braunches, and it is good to annointe the woman about the nauell, the wombe and the raines, that is to comfort her, and to make her conceiue with childe quickly.

Also to restore nature, take Permaceti and Burras, and grind them together, and giue it her to drink in wine or ale.

For to make a woman's pappes small, that be great.

TAke the fiedes of Hemlockes, and siethe it in vineger, and annoynt oftentimes the brest and pappes, and meddle the powder of incence therewithall.

A medicine for pappes that run and be right fore.

TAke sorrell de bays, lappe them in warte leaues, and put it in the endes half a mile way, stamp it as small as you maye and do therto hony and vineger, and medle them together, and do it in a bor, first lay a plaister of garlick vpon the fore, so boile it in vineger thrie or fower times, and it shall cease the running therof.

For a woman that is troubled after her trauell with losenes of her priuie partes.

TAke a quantity of Venice turpentine, and rolle it in suger and giue it to her, and cause her to swallowe it down, not chewing it at all.

After that, cause an alebery to be made for her, and put into it the powder of camphire, and giue it to her to eat, and the Turpentine shall clense, and the camphire shall close, your camphire muste be dryed in the shadowe, so that the Wisnde and Sunne do not come to it proued.

For to deliuer a dead childe forth of the mother.

TO deliuer a dead childe, siethe this rote of Aristologia longa in wine and oyle, and make therewith a fomentation.

Also to deliuer a dead childe out of the mothers wombe, and the webbe that is in the woman, make an inection or pessaire of the luice of this herbe dittany, and medle the powder of the rote therewith.

Also make a plaister of hollyhocks, with a litle salt and goose greace, and lay it to the matrice.

For a mans fundament that goeth out.

TAke the red nettle croppes, and bray them small in a morter, and doo them in an earthen pot, and doo thereto a good portion of white wine, and seethe them well together to the halfe and giue thereof to the sicke to drinke firste and laste warme and laye the substance of the hearbe to the fundament as hotte as he may suffer it till he be whole.

For the fundament an other.

TAke march and drink the iuice, and lay a plaister thereto for that disease.

Also against the paine of the fundament, or of the matrice, and of the bowells, seeth the leaues of hollyhock in water, and make a stew of that water, and washe thic oftentimes.

Also make a plaister of scabions and lay theron, but the patient must haue the smoake thereto.

For the fundament an other.

FOr the small cliftes that bleedeth in the fundament, lay therto the powder of Anthera, and anointe them with water that dragagant hath been chafed in.

Take black beanes, and grinde them very small, and searce them well, and powder it on the fundament: and then put it in against, then seethe the saide meale in a panne and medle it with white wine, and let it seeth till it be thick, and then spred it on a cloth plaisterwise, and lay it as hot on the fundament as may be suffered, and remoue it twise or thrice a day: and renewe it allwaies with fresh meale, and ye shall be whole God willing.

For the pilles and the emerods, and for the cuills of the fundament.

TAke chespice, tapse barbe, and hathe the patient in the laue to the nauell, or binde the herbe hotte in a cloth, and let the patient sit theron.

Also take drye bulbeckes, and put into the fundament and it shall be all whole.

Also heale the fundament close with a leafe of S. Mary

capper,

capper, and when one is drye then take an other, and it shall help you quickly by Gods grace.

For to help the piles.

TAke english hony, and the iuice of wormewood, or the small leaues or the rootes of dasies pund very small, and put them in a linnen cloth, and put to the sore place, and so vse it thus till thou be whole.

For the piles and emerods.

TAke muskell shells and burne them in the fier, and then take the white of them and make it in fine powder, and put in a litle english honye, and temper them together, then laye it vpon a litle linnen cloth, and lay it vpon the sore piles.

To staunch the bleeding of the piles.

TAke and drinke the iuice of milfoyle that is proued. Also the powder of burnt garlick, and the piles shall dye.

Also take black wooll and black sope, and binde it to the bleeding of the piles.

To destroy the piles.

TAke oyle of Roses, Frankensence and Honye, and make an oiniment of them, and put it in with thy singer into the fundament, and put thereto mirre, and often anoint the fundament therewith, and let the breath goe vp into the fundament.

For piles that doo greeue a man or woman.

TAke the reddest and the newest tarre that ye can haue, and make it in a plaister vpon a newe lockeram cloth, and make bolsters of some other thing, and so put two tapes to euery corner to tye about the patient, and once a day with new clothes.

Another for the piles.

TAke a great Onion, and take out the core, and put it full of suger, and stoppe the hole of the crowne, and wrappe it in a browne paper, and lyne it safe with a packe threed, and roste it as you roste a warden, and when it is rosted open it, and laye it

lay it as hot as the patient may abide it to the sore place.

For the piles another.

TAke the roots of veruein, and the roots of clote, and two coles of fier, and on the same fier put powder of frankencence, and let the heate run vp into the sore.

For the piles.

TAke molet leaues and seethe them in faire water till they be soft, then take maye butter, and make an ointment thereof, and this vse for the piles, for it is a medicine very well and often approued.

Also take Inde sope, and make a plaister therof, and lay it to the pyles, or emerodes, or to the fistula, till that they doo fall away of them selues.

For the emerodes.

TAke newe milke, and a litle fine flower, and seethe them together, and make a plaister of them same, and burne an oyster shel, and powder it, and strawe it as thick vpon the plaister and as hot as he may laye it to the place. Also let the partye that hath them to blowe their noses vpon a cloth, and strawe thereupon a little sowt, and as hotte as ye may suffer it, lay it to the place.

For the emerodes.

THe emerodes be 5. veines that come to the arse, that voideth melancholy blood, and may not be stopped too soone, it is good for to bleed in the liuer vaine on the arme and vnder the anckle, and let him drinke morning and euening the iuice of Millfoyle medled with warme wine, and plaister the herbe to the arse, if the matter be plenteous: then he muste be purged firste ere that ye close vp all, or else beware of a dropsie, or of a breaking out. Also take the roots of flonny, and pouder it, and take the yolk of an egge, and wheate meale, and medle it with the pouder, and frye them with greace or oyle, and vse it for nine daies til he be whole.

For

For the emerodes.

TAke the croppes of ellerne stamped, and laid too: is very good. Also leekes and salte, if they rise againe, laye it too againe.

Also take the roote of wilde pellytorye, and grinde it, and put thereto the powder of arsenich, and lay thereto: proued.

Take vineger, allam, and deeres sewet, of eche a like muche, and boyle them altogether, is very good.

For the paine of the emerodes.

TAke housleeke and sheepes dung, and stampe bothe of them together in a morter very smal, then take of sheepes sewet, and choppe it very small, and put it in a panne, and let it seethe vpon the fier, then put in the housleeke, and the sheepes dunge and boyle all these together, and when it is well boyled take it off, and straine it through a linnen cloth into a deepe dishe, and then annoynte the patient with it, as hotte as he maye endure, this hath beene proued.

For to destroye the emerodes.

TAke olde shoes and burne them to powder, then take a fauserfull of hony, and then take as much oyle oliue that is olde and temper them till they be thicke, and laye them to the sore place, either for the piles or emerodes.

For the emerodes.

TAke red worter and seethe them in a pot, then take the pot and set it vnder a close chayre, and sit ouer it and lappe warme clothes about the Chayre, that no ayre doo come forth, so sit still ouer it till it be colde, and therewith annoynte the partye with the licour. Also take a plate of Lead, and rub thereon a quantitye of Bores greace, for a man, and Swines greace for a woman, and washe it out with white Wine and annoynte the emerodes.

For all euils in the flankes.

TAke nine bay leaues and dry them, and make them into pouder, and mingle them with what lycour that you will, and drinke it euening and morning.

An ointment for chafing of the flankes.

TAke Capons greace and make an ointmente thereof, and annoint the sore flancke.

Also take the roote of the flower delute dried, of red roses dried, gallingall and mastick, of eche a like quantity, beat them into pouder, and then with oyle of roses or of linseeds make a softe ointment.

Also the decoction of Plantaine, Bursa pastoris, horsetaile, and knotgrasse, all these is exceeding good to heale all chafings of the skinne and flankes.

For chafing of the flankes.

TAke beane flower, barlye flower, and the flower of fitches tempered with a litle oile of roses maketh a soueraigne ointment for the same.

Also if the chafing be great, it is good to make a bath of holyhockes, dyll, violets and lynseedes, with a little branne, then washe the flancke often times therewith.

For sore knees that doo swell and ake.

TAke rewe, and louage, stampe them together, and put thereto honye, and make thereof a plaster, and laye it to the sore knees and it shall put awaye the swelling and ache with all within three times using thereof.

For the swelling of the knee.

TAke the parties water so greeued that hath stood three or foure daies made, seeth it and skim it clean, and wash the sore knee as hot as he may suffer it. Also take millfoyle, Deare sewet, or sheepes sewet, frye them together, and lay it to all hotte.

For ache or swelling in the knees.

Take

TAke two handfull of lauender leaues, or the flowers, or both together stampe them in a morter very small, and shape the lauender 2. houres in a pinte of malmesy, then strain it through a cloth, and boyle it well, and then with a sponge al to bathe the swelling of the knees or the ache therof, and within 6. or 8. daies using therof, it shall helpe you God willing.

For the swelling of the knees or ache.

TAke sorrell, vineger, smallage, and sheepes sewet, and melt the sewet, and put in these herbes, and make a plaister therof, and lay it to the sore knee.

Also against swelling and ache of the knees, vse the flowers of plantain with salt, and lay thereto.

Also stampe the leaues of plantain, and lay on them.

Also take the iuice of an onion being medled with the greace of a henne, in maner of an ointment, and annoint your knees often therewith.

Also bathe your knees in the water that Elder leaues was sodden in, is verye good.

For him or her that is diseased in their knees, or in their ioyntes that they may not goe.

TAke a black sheepes head, and smite him all to peces bone and all, and put it into a potte with water and sethe it all to pappe, and then get out all the bones, and then set it on the fier againe, and put thereto a good quantity of otemeale, and let them sethe till they be thick, and then laye it on a peece of leather, all warme laye it to his or their ioyntes, and they shall finde great ease of the swelling of their knees: proued.

For a sore knee.

TAke and sethe beanes and honye, and raw egges, and make a plaister and lay it vpon the sore knee as hotte as you maye suffer it: proued.

For the swelling in a mans knee.

TAke a blewe woollen blanket of cloth as muche as will lappe about the knee, then take the white of two or three Hennes egges, and beate them well in a dishe, and spreade it vpon the cloth so down: then take the yolkes and beate them in a dish, and put thereto black sope as much or more, and beate them well together, and when they be well beaten make thereof a faire laine and spread it thicke vpon the cloth, and the white of the egges meetly thicke, and laye it about the sore knee and role it and let it lye thereon, for three dayes, and it will take away the swelling and the ache: this hath ben proued.

For aches and swelling in the knees.

TAke a quart of malmesye and a handfull of time boyle them together, and when it is halfe boyled, put in a good peece of fwet butter, & let them boile together from a quart to a pinte, and when you do goe to bedde bathe your knees well therewith, and wette a cloth three or foure times double therein and laye it to your knees as hotte as you can suffer it all night, and vse this fire or seauen times, and it shall helpe you by the grace of God.

For a great ache in the knees.

TAke erthing Iuie, that hath leaues like Catmint, and hath a red flower, and the leaues of penerpall, and the leaues of elder, and let them be sodden in swines greace, and the matow of a mare, and annoint the party so greeued therewith.

Also take the leaues of elder, and penertall, and Cinckfoyle, and make thereof a plaister with barrowes greace, and laye it to the ache of the legges, and it shall help them.

For ache of the legges.

TAke and drink fine leaued grasse. Also take fowlthistle, chickweed, elder leaues, groundswell, and cleauers, of eache a handfull, dryue all these together betweene 2. tyles, and then lay these herbes to the place where the greefe is, and let the herbes be washed before that they be dried: truely proued.

For ache or swelling of the legges.

TAke otemeale and milke, and put thereto the iuice of houseleeke, and sheepes tallowe, and let them boyle all together till it be thicke, and make a plaister thereof, and laye it about the sore, and that shall ease the aking, and take away the paine of the swelling of the legges: proued.

For all maner of ache in the legges.

TAke sage, rewe, wormwood, sorrell leaues, horehound, reede nettles, and stamp them all together, and mingle them with maye butter, and let it stande so tenne daies, and frye them often and strain them cleane, and melt ther with incence and this serueth for all maner of aches in the legs, and vse them at your need.

For a black horrible swollen legge.

TAke selondine, horehound, hearbe bennet, and seethe these together in water till the halfe be wasted, and therwith washe the sore legs euery daye 3. or 4. times, and make as much at a time as will serue 6. or 7. times.

For a hot sore legge.

TAke petty morrell, plantaine, smallage, herb benet, fingren violet leaues, and the leaues of Lutteine, marygoldes, and grinde all these together, and wringe out the iuice, and put it in a litle wheate flower and honye, and the white of an Egge and meddle all these together, and lay it vpon the sore all colde.

For swelling in the legges.

TAke 3. spoonfull of rose water, and 3 spoonfull of fennell water, and 3. spoonfull of wine vinegar, and put them together colde, and skym off the some of it, and then take a linnen cloth and dip it in, and lay it to the sore place.

For a leg be it neuer so sore.

TAke the mosse parte of a cowe turd, and laye it vpon a cloth for plaister wise, and laye it to the sore place, and if there be a

hole in the legge, make a tente of the same and put it into the hole, and lay the plaster therto, and let it lye till that it dw come off it self, and you shall finde great ease.

For a sore legge.

TAke the flowers of Cammemile, a handfull of sowthernwood, mallows, groundswel, sage, a handfull of eche of these beate them small in a morter, and boyle them in milke, and put in the sæthing thereof, the sæde of fenicreke in powder halfe an vnce, annysæds, fennell sæde in powder, of eache an vnce, and a little maye butter, boyle all these together, and when it is but warm, put into it 4 or 5. yolks of egges, and meddle them all together, and lay it to the sore leg, and in the boyling put therto a pinte of god red wine. and it will be the better.

An other for a sore legge proued.

TAke selondine, sage and woodbinde a handfull, sæthe them in a gallon of running water to a pottell, and then straine it and sæthe it againe, and put thereto a pinte of honye, a handfull of the powder of Allam, a pennyworthe of Graines beaten in fine powder, and skimme it as longe as the Honye scummeth, and then keepe it in a glasse till suche time as you shall haue nede to vse it, then take a cloth and wet it therein, and washe the sore therewith oftentimes.

For paine in the feete.

AGainste the paine of the feete if any hath beene bruised or crushed, take and eate the rote of the midle mugwort with honye and it will ease the paine therof.

Also let the party anoint his feet with the iuice of clary very often is god.

For the swelling of the feet.

AGainste swelling and aches of the feete bruse the flowers of plantaine with salt, and lay therto.

Also stamp the leaues of plantain and lay thereon.

Also take the iuice of an onyon being medled with the grete

of

of a Ben in maner of an ointment, and annoint your feet often therwith.

Also bathe your feet in the water that elder leaues was soden in.

For cornes in the toes.

TAke of vnslaked lyme a litle, and quench it with strong vineger, and when ye will occupy it, pare the corne, and mingle it with rose water, and lay it to.

Also take the gall of a swine being dryed, but firste washe it with hot water, and strawe the powder theron.

Also take and cut away the corne, and drop into it a droppe or two of a blacke snayle, and put therto the powder of sandyer.

Also take marygoldes stamped, and laye vpon the sore euening and morning, and it profiteth, or els pare your corne, and laye thereto Turpentine, and redde ware, boyled together and make a plaister thereof, and it helpeth the corne of the toe.

Rules for bloud letting.

GAlien, Ipocras, and Auicenna, and other maisters of Phisick, accord and say: that letting blod of the vaine, and that is called Flebotomatum, or it is ventosing, caruing or cutting, and letting blod of any of these wise, is good for mans helth of body, for blod ymingled with other humors that is too much, or els corrupted by the cause of much sickness: it is therfore good to know which vaines in a man should be let blod, and for what sickues.

The veine in the forhead is good for the frensie, and aking of the head, and for the meygrim, and for the morphew, and scab in the face, for the postumes in the eyes both hot and colde.

The veine in the hart is good for a mans minde, and for the rewme that is within the forehead, and for the watring eyes.

The veines in the temple, is good for the meigrim, and for the head ache of the eyes, and that hath longe lasted, for the sick-

nes of the eyes, for ache in the eyes, and for the great heat in the temples.

The veines behind the eares is good for the blaines and pimpells of the head for the meigrim and ache of the head, it helpeth mans minde, it is good for the toothache, and for the goums, and for all vices in the mouth, and it purgeth the rewme of the head.

The veines in the corner of the eyes next the nose, is good for the meigrim and for all the sicknes of the eyes, and for the sight Cephica tum prius apta.

The veine in the coppe of the nose, it purgeth the braine, it is good for ache and flux of the eyes, and for the ache of the nose.

The veine in the cheeks is good for the meigrim and for spots or scabbes in the head.

The veine in the molde is best for to bleed, and for to washe thy head with the same blood.

The veines of the overlippe and the nether, be good for hotte blaines in the mouth, and for apostums, and for hot evils in the mouth or gummes.

The veine under ỳ tunge is good for postumes, and rewms of the head and gums, and all maner of vice of the eyes, mouth, tung, tooth aking and blaines of the nose, mouth, gums, and for the apostumes and swellings under the throat.

The veines under the chinne is good for the kings evill, and for sauceflrane, for spots and blains in the face, and other ache of the eyes, the gums, and for ache in the nose.

The veins of the neck before, is good for the squinancye, and for all maner of apostumes and swellinges that come from the head to the eares or to the gums: that causeth the toothach, when the breath beginneth to be short.

The vein of the liuer that is called Basilica, it is good for the Jaundise and for clensing of the liuer, and for all maner of dropsie, and it is good for all evills in the brest, and aking of the back shoulders, sides and stomack, and for the postume that is called Pleusis.

The head vain that is called Cephalica, it is good for the mi-

grim, and for head ache, and for madnes of the minde, for ache and all other dices in the eyes, teeth, tunge, the squinancye and other euils that come to the throate.

The hart veine that is called Cardiaca vt medium, it is gentle purgations, for it draweth blood and humors of all the body but namelye it is good for sickness, and purgations of the hart, brest, stomack, liuer and lunges.

The veine aboue the thumb is good againste all feuers, and most feuer quartain, and for all euills of ỳ gall, and for streightnes of the brest.

The veine betwéen the thumbe and the forefinger, let blood for the hot head ache, for frensie and madnes of wit, and for sicknes of the head, Cephanica, let the blood of the veine in the forehead if it be need.

The same veine of the left hand is good for litargy, and afterward bléd in the forehead.

The veine which is betwéene the little finger and the nerte therto: is called Salua cella, ye must let blood in the right hand for postumes and sickenes in the stomacke, and for all euill humors about the liuer.

The same vein on ỳ left hand is to let blood for impostumes and gathering of euill humors about the milte and splene: it is good for the black saunders.

The ouer veine in the yard is good for the crampe. and for Sciatica passio, for swelling of the wombe, for the dropsie, and for the stone.

The nether veine of the yard is good for the sides: for ỳ reins bladder, for swelling of the stones and for the emerodes.

The veine beneath the knée helpeth the knées: and it is good for akinge of the thyes and the ioyntes, that is called Sciatica passio.

The veines beneath the knées bothe within and without is good for the liuer, sides, and thies, and for ỳ matter that is aboue and for to drawe downewarde.

The veine in the hammes is beste for withholding of remens purgations, for it is the next matter as saith Auicen, and

also

also it cleanseth mans body.

The vein that is under the knockel which is called Sophena it is good for postumes, swellings and akings, and other euills that come to mans body from the head to the fote, it asswageth him, it is good for the stone and letting of wine, it helpeth the matrice and womens purgatiõ, it is good for the scab that is called Malum mortum de basilica.

The veine that is under the knockell without, that is called Sianca, is good for aking that is in the thyes, and goeth downe to the legs and to the fete, and for the Podagar, and for the scab it helpeth most the aking of the thyes and iointes, that is called Sciattica passio.

The vein that commeth to the great toe on euery fot, bleede for the goute of the eyes, for blaines and spottes on the face, and for postumes and euills of the stones, for the blond, for cankers festers, and sores in thyes and legges, and for withholdinge of womens purgations.

As for the time of letting blond, to witte, that neyther in hot weather, nor yet in great cold, nor in rayny wether, nor in misty weather, nor in the weather of great tempest, nor in ☽ old mone nor in the new, that is to say 4. dayes before the change, neither 4. dates after, but the thre firste quarters be good, so that the mone be in a good signe, and from Saint Bartholmewe tide to Saint Peters tide, till Febrnarye let the blond on the left arme, and in January on the right, that is to say ver or summer from the xvb. daye of Julye to the fifthe of September let no blond, for then the caniculer dayes be, after the teaching of Galien and Auicenna.

Rules concerning bloudletting to be obserued.

ALSO be ye alwaies well aduised, and ware that yee let no blond, nor open no veine except the mone be either in Aries, Cancer, the firste halfe of Libra, the last half of Scorpio, or in Sagitarius, Aquarius or Pisces, remembring also that you ought

not

not to do it in the day of the chaūge, nor in the daye next before or neyte after the same, or when the signe is in the place where the incision should be made, neither in the heate of Summer, as from milde July vnto the middle of September, nor in the colde time of Winter, when there is muche Frost and Snow, except vrgent necessitye requireth you thereto. Also if you chose out these signes followinge appointed vnto eche complexion, doubtlesse you shall do the better, so that time and occasion will suffer it, as thus.

Open a veine in a flegmatique person, when the moone is in Aries, sauing in the head.

In a melancholicke man, the moone being in the first half, or 15. degrees of Libra, except in the hippes, or when the moone is in Aquary, sauing in the legges.

In a cholerick body, it is best to let bloud what time the moon is in Cancer sauing in the brest, the last halfe of Scorpio, sauing in the priny members, or in Pisces, sauing in the feet.

The sanguine man may bled in any of the foresaid signes so that he do it not what time the signe is in the member, or the season inconuenient therfore.

Beware also ye Chirurgians that you make no notable incision, as to cut ruptures, take out the stone in the bladder deuoid from the bodye any naturall excrescences, wennes, or nodes, to dipart, deplazate or rotten members, to rute out the canker in the brest, let out the water collected in the belly through the disease Ascites, to the entent to make an incision or cauterization in any member, or to remoue the catricle from the eye, or to attempt any other like thing by mannall working vpon the body of man, when the signe gouerning the same is in the member in the which such attemptes are to be made for the remedy of any of these diseases abouesaides: or when the Lord of the ascendent or first house is the same signe that gouerneth part of the bodye at that time, or when there is any oppositions, coniunctions, or quartile aspectes of Saturne & Mars, or when any planet is euill aspected vnto an other, or when ỳ moon is in the signe of Leo, or in the day of the change or full, except great necessity require it.

Moreouer I would wish no incissiō to be made about the ful of the moone; whereafter any great fluxe of bloud may be feared to ensue, though the signe be neuer so meete, but rather let it be doon in the wane of the moone.

As touching the stone ruptures, dropsies, to be holpen by the way of incision, I haue rather mentioned them in this place because that the rude and ignorant Chirurgian maye be brought to the trewe practise and knowledge hereof. I doubte not but to make many partakers of the benefit thereof, whose good intent I woulde wishe either to followe in those attemptes, and so to vse it in an vtter refuge, when other meanes will take no place in that case, it being a most assured remedye for the trewe and due obseruations of letting of bloud, right well allowed and practised at all times.

Rules for purging.

ALso it is good to take purgations when the moone is in Cancer, Scorpio and Pisces, to giue pilles especiallye when the moone is in Pisces, purge by drinks, electuaries, boles, when the moone is in Cancer or Scorpio, remember that you purge not in the chaunge nor in anye vnfortunate aspecte of the plannettes vnto anye other, neither in the extreame heate or colde of the yeere.

Now if any man would know what commoditye purging or bleeding bringeth being rightly vsed and doon in suche sorte as it ought to be doone, or what dyet and excercise should be vsed after bleeding, and order obserued in purging with the inconuenience and harme which may and doth dayly proceed of the negligence and vnskilfulnes in the contempt of the same.

For all diseases through the body and for all agues.

TAke purslaine, gentyll, Bursa Pastoris, and stampe them al together and do thereto vineger, and binde it to the pulses.

Also take the powder of cloues & pepper, a like quantity, and eate fasting at one time as much as will lye vpon a six pence, and

drinke

drinke not one hower after.

Also let the party so greeued with the ague, take half a pinte of his owne water, and a pennyworth of pepper brused, and put therein: and let the party so greeued drinke therof all an hower before that the fitte dooth come vpon him, and let him lye downe and sweate as much as he may.

An other for the ague.

TAke a pottell of thinne ale and put therto a handful of persely as much red fennell, as much centorye, as much pimpernell and let the ale be half consumed away, and then take and drink therof.

Also take three durre roots, and washe them, and strain them seethe them with halfe a pinte of ale, and so drinke thereof luke warme before the fitte dooth come.

Also take endiue, sowthistle, dandelyon, lettice, sorrel of ech of them a like much, and still them al together, and giue it to the party so greeued, it is very good against the ague.

An other experiment for the ague.

TAke 4. handfulls of groundswellye, and stamp it small in a morter, and put thereto three spoonfuls of vineger and three spoonfull of baye salte, grinde them all together, then put them in a pewter dishe and set them on a chafindishe of coles, and stir them together till the liquor is almoste drye: then laye it to the wristes as hotte as the patient can suffer it euery time an hower before the fitte dooth come.

For the ague an other medicine.

TAke a handfull of redde sage, and a handfull of redde nettles and a handfull of herbe grace, and two spoonefulles of baye salte, and a spoonefull of stronge vineger, and a peece of leauened breade, and let all these be well beate together: and binde it to the punces of your wristes afore that the fitte dooth come, and it shall help you by the power of God: proued.

For the hot ague a remedy.

TAke the iuice of sengrene and the whites of 4. Eggs, and faire flower of wheat, and meddle it wel together, and make therof a plaister, and laye it to the patients sides, then take the water of betony, the water of pimpernell, scabions water, water of turmentill, the water of radish, of ech of these a like much and meddle all these together, and giue the patient to drinke all hotte before that his fitte dooth come.

Another for the same proued.

TAke a pinte of the iuice of sorrel, and put it into a pot of milk when it beginneth to sicthe vpon the fier, then take it off the fier, and let it stand, and it will haue a curd like a posset curde, and take the curd of, and let the patient drinke thereof as hot as he may suffer it.

Also take a handful of smalladge, a handfull of Bursa pastoris and so much white frankensence, as will couer two shillinges at thrice, as much bay salt, and bray them in a morter, and so lay them vpon a thinne cloth to the wriste, and about the arme at night when you goe to bed 1. or 2. houres before that your fitte dooth come vpon you.

For the burning ague.

TAke a handfull of smalladge, a handfull of fetherfew, a handfull of redde sage, stampe them altogether, and take thrie or foure spoonefulls of their owne water, and as muche Vineger, and boyle them altogether, on the fire a litle while, and take a quantitie of the same herbes, and wringing the licour out of them, lay them vpon a cloth, and binde it hot vpon your temples and not vpon your forehead, then take the rest, and binde it to the parties wristes as hotte as he maye suffer it, before that the fit commeth, and within thrie times dressing he shall finde great ease, and be helped of his ague.

An other for the burning ague.

TAke a pottell of water, with halfe a pinte of Vineger, take endiue, suckerye, violet leaues, fiue leaued grasse, and strawberye

berye leaues, of eache of them a quantitye, and séethe them to a quarte, and put thereto halfe a pounde of Suger, and drinke thereof morning and euening.

For the quartain ague a medicine.

TAke ribworte, bete rootes and the leaues, to the quantity of thrée or foure handfull, washe the herbes cleane, then stamp them in a woodden dishe, with a wodden pestle, and straine the iuice from the herbes, and drinke it milke warme, and this taketh a waye the humors of the stomacke, and from the harte, within fiue or six times vsing: it cureth and helpeth the sicke partye so gréeued with the ague: proued.

For the ague comming with colde.

TAke fiue croppes of rosemary, and fiue croppes of Sage, and fiue croppes of marigoldes, nine baye leaues, and a quarte of stronge Ale, séethe all these together well, and drinke it with Pepper being warme and vse it.

For feuer agues in children.

TAke the powder of christall, and laye it in soke in wine, and giue it to the childe to drinke, and the sucking childe shall be whole.

Also take Morsus biabolye the roote and the hearbe, and hange it about the necke of the childe.

For all maner of aches a seare cloth,

TAke waxe, turpentine, rossin, hard pitche, bores greace, powder of comin, powder of bayes, frankensence, oyle de vte de popilion, and take all these thinges faue the powder and set it ouer the fier, and stir it fast till it be molten, and set it downe and skim it not onr streine it not at all, stir it fast till it be nye colde and then strawe in thy powder with thy hand as thou wouldest strawe flower into a childs pappe, and when it is all in and wel nye colde, spread it with a slice vpon a péece of leather, and when

it is spread vpon the leather, take a new linnen cloth, and lay it vpon, and couche it fast and at your néed vse it.

For a colde and ache of the limmes.

TAke a handfull of suger, a handful of endiue, a handful of the red flowers of archangell, and a quantitye of dandelion, and séethe the same in mutton and eate the mutton and drinke the broth and you shall finde ease.

An other for the same.

TAke a handfull of balme, a handfull of rosemarye, a handful of mallowes, a handful of smalladge, a handful of walflowers, and all manner of swéet herbes that ye can finde and séeth them in a tankerd of water with halfe a pecke of wheaten branne: and when it is sodden: straine the hearbes through a cloth as you would do a bucke, and set it on the fier and with other water straine it: and so bathe you and sweate and you shall be whole God willing.

For aking of the ioyntes.

TAke marche mallowes and swéete milke, linséedes, powder of Comin, the whites of Egges, Saffron and white greace and frye all these together, and laye it to the aking of the ioyntes: this hath béene proued.

For ache in any place an oyntment.

TAke and chase a Stere till he scummer: then take that dung and frye it with shéepes sewet or else with sallet Oyle: and it will come to a fine ointment and then annoint the place therwith proued.

Also take the oyle of mace and annoynte the ache with all it will helpe you.

For ache in the bone or ioynte.

TAke a pricked harts skinne, stiner or drawe him and cut it in small péeces, bones fleshe and all: take that and washe it

cleane

cleane that no blond be therein: then take cleane water, and set it ouer the fier and as it seethes scum awaye the fatte and saue it, and let it seeth till that no fat will come of him: and then cast away the flesh and put it in a box, and annoynt the greace where the ache is and he shall be whole: and doo this 3. or 4. times.

A medicine for all aches.

TAke halfe a pinte of wooll oyle, a quarter of a pinte of neates foote oyle, and halfe a pound of barrowes greace, first set the barrows greace vpon the fier, and scumme it clean, put in your neates foote oyle, and beate them all three together being on the fier, then scumme it cleane, and put in your wooll oyle, and beat them all together, then boyle them together, and take them off the fire, and vse it at your need.

A medicine for all aches in the bones.

TAke the gall of an oxe and set it on the fier and seethe it, and scumme it till it be very cleane and put it into a glasse, and stoppe it close, then take neates foot oyle and gather it very fine, and put it into a glasse also and stop it close: then take Aqua vitæ in an other glasse and stop it close: then take of the oyle and waters aforesaide of eche euen portioned, and two times so muche portion of the Aqua vitæ, and put them togither in one vessell, so warme it and annoint your greef, and it shall helpe you God willing.

Another medicine for the ache.

TAke swannes greace, goose greace, hennes or capons greace of each of these a quantitye, but the more of swannes greace then of all the rest, and when they are mingled together then take a pinte of malmesye and a handful of Lauender spike, rosemary as muche: and let your malmesie seeth til it be almost wasted, and then put altogether with a little bores greace, and so boyle them, and vse them for your ache, and it shall ease you.

For him that is fallen broken.

Take

Take a trulle and trulle the party so straight as he can.

Also take the iuice of madder, the iuice of redde nettles, the iuice of hempe, the iuice of bugle, the iuice of Camphier, the iuice of cawle, of eche of these two saucerfuls, of wine foure saucerfulls of hony three saucerfulls, boyle them all together, and skimme them wel, and then take it down, and drink therof dayly first and last, six spoonfulls at once, the space of 14. dayes.

A plaister for a man that is broken

Take of bugle, of cawle, of eche a like much, stamp them small with a litle of the haire of a Hares skinne, then take an vnce of waxe and melte it with a spoonfull of butter, and put to your bugle and cawle and the haire: and stampe it with a little Bole armoniacke, and frye them all together, and stirre it, and make therof a plaister, and lay it on a peece of lether, and lay it straight vpon the place of your sore, and so serue it three or foure dayes, and so giuen the space of twelue dayes.

For a man or a childe that is well nye broken, and to heale them.

First make six pellets in this maner, take the rote of Polipodii, and the rote of Betony, the croppe and rote of daisies, of euerye one a vnce, and make powder thereof, then take Bole armoniacke an vnce and a halfe, of honye clarified an vnce of these make a plaister, and if it be to thinne put more powder thereto: and if it be to thicke put therto more hony and take and rolle it and make pellets therof as many as ye may make therof: then take more of the rote of Polipodii and the rote of betonye, and the croppes and rotes of daisies, of eche two vnces and punne them as you do green sauce and put that iuice into a quarte or more of Ale that is stale, and boile it to a pinte and straine it through a cloth: then boyle it againe with Suger three penyworth: and when the suger is molte then put in a glasse and euerye daye eate a pellet thereof morninge and eueninge faste, and drinke it euery time the quantitye of three spoonefull

of

and let them say their praiers, and as soone as the party falleth downe, take the gall of a dogge and giue the sicke to drinke with good ale that is stale, and by Gods grace he shall neuer haue the falling euill any more: proued.

For to cure the falling euill in 4. daies.

TAke swallowes and beate them feathers guts and all, cast to them vinegar and some Iermander distilled first in water, and some Cardus benedictus water, and then still all: and giue the sicke to drinke therof. Also take the rote of piony, and make it in powder and put it into pappe for a childe, and let him or them licke it with a litle suger, and they that be of age may eat the more quantity therof. Also the black seede of Pionye is good therfore.

For the falling euill.

THe filing of golde being taken in meate and drinke is good against that euill, and if the patients back be annointed with the oyle of Iuneper in the very chine, and so is a dram of Castoreum very good therfore.

Also take the powder of Gentiana, with the iuice of wild sage is good for the falling euill.

The maner and vse to be obserued and kept in the time of curing of a fistula.

FIrst you must search the vlcer with your tente, to know the depth and the length therof, that you may know of what size to make your tente, and annoynte the same onlye with Populion and your tent also, and dippe the ende therof in the powder following for 2. dayes, once a day dresse it with your pouder, and other 2. dayes with nothing but Populion to remoue the aker, & thus inlarge your tent til the worke be known vnto you, so long as it casteth a blocky, mauis gozy, stinking, or bloudye water, still vse your powder vntil it come grosse, thick, and white, and then apply mundifiers or clensers, and the vlcer clensed then vse incarnatiues as the greene balme before written, and other that follow: alwaies rather shortening your tent, and making

of it lesse till you be assured of the victory for figiation, scaling or stinking of the water that here after shall followe termed the mother and the congelour.

The powder for the Fistula.

TAke 2. vnces of grene copperas and burn it in a goldsmiths potte called a crusible, Mercurii sublimati an vnce, grinde them small on a marble stone till that it be very fine ponder, and vse it when need requireth.

A skinning water for the fistula.

TAke strong vineger that is white for that is best, a quart of Litarge of golde finelye beaten and finelye searced a pounde, mingle them together, and let them infuse in a glasse three or foure daies, stirring them together twise in a daye, then let it settle a daye, and take the cleared thereof, and put it into a vyoll or glasse, and so you haue the mother.

The congelour in a Fistula.

TAke faire water a pinte, salte gemme 2. vnces, common salte a good spoonfull, boyle all till the saltes be dissolued, then put the clearest therof into a glasse, and this is the congelour.

The vse of the congelour.

TAke of the mother three partes, of the congelour two partes and a little more, put them together, and it will be an eyntment or a thick creame, lay it on the place that you would haue skinned, or the creeping tetter, and it shall do wonderfullye for the long vlcers that lack nothing but skinning, and it will skin in very short time.

For the Fistula.

IN what place soeuer it be, take the iuice of Turmentill, and drop it in the hole it helpeth, and so doth a tent dipped in the said iuice and laid to the fistula.

Also take grene belonye with salte, and make a tent and put

to

to it, and a plaister of the same will heale it being laide thereunto.

Also take of the powder of copperis with two parts of beane meale, and confect them with frenche sope, and shape a tent therof, and put it into the hole of the fistula, it will clense it in suche maner, that if there be any bones corrupt or broken, that they may be taken out, and it will consume the euill moystures.

A medicine for to stop the flixe or laxe.

TAke 3. Nutmegs and rost them, take of Sinamon 3. vnces, 3. new laide egges, and rosse them very hard till they blowe, then take the yalke from the white, as muche of Bole armoniake as a Dones Egge, then beate the spices very fine, that done, take all together and beate them, then put them in a quarte of stronge Ale, sturring all these together, then straine them, and seeth the same to a pinte, then giue the party so greeued to drinke firste and last.

Also take Alligant and thicken it with Rice flower as you would make pappe, then spread it upon a peice of redde lether as broad as your hand, and for a childe laye it beneath the nauell somewhat warme, and it helpeth.

For flixe or laxe.

TAke red rose buddes, and clippe off the whites from the leaues and dyse them, and make powder of them, and giue it to the party so greeued in a caudell, and at three times drinking it shall ease him, and if the party be weak, to make him a tansey of camphier, planten and archangell, a litle at a time, as muche as an egge, you may gather these herbes in Summer to serue in winter.

To help the bloudy flixe.

TAke two handfull of Planten leaues and seeth them in faire water, and let it sethe till it be sodden to the one halfe, then take the same water, and strain it through a cloth without wringing, and with that water make rice pottage, and let the patiēt eat therof a good messe, and it will stop the bloudy flixe.

For the bloody flixe a remedy.

TAke hen crottes, and the crops of woodbinde, and stamp them and temper them with red Wine warme, and giue the sicke to drinke, and let him eate for 3. dayes, eache daye 5. leekes with bread that is hot, and drinke no drinke but red wine warm, and he shall be whole, and let the sicke haue a stole with a sledge, and make therunder a little charcole fier, and let it be cloſed rounde about with a cloth that no ayre do therin come: proued.

For to fret away dead flesh.

TAke hens bones and burne them, and the shelles of hens egges stampe them and make pouder of them and lay it to the dead flesh, and it will frette it away.

Also take grēn copperis and burn it, and as much burnt allam, and as muche Verdigreale, and grinde them all together: a good corsoye proued.

To abate proud flesh.

TAke honye and clarifie it and scimme it with a feather, and take the white off, and take a quantitye of Verdigreals till it be grēne: and laye thereto.

To raise vp flesh.

TAke red nettles and bray them small, and put thereto 3. or 4. cornes of salte, and mixe it with Butter, and laye it to the sore, and it will make the flesh for to growe, and to be more fairer then euer it was before.

To take the fier out of any sore.

TAke a quantitye of roſewater, sallet oyle, an ore gall, houſleek the iuice of ech a like quantity, and so beat them all together till that they be all one, and so annoynte the place grieued, and it will take away the fier.

For the Gout a most precious medicine.

Take

TAke a good handfull of rewe, as much of plantayne, and as much of red sage, and stampe them as small as you can, then take half a pound of black sope, and a penyworth of the treacle of Jane, and meddle all these together and put them in a close vessell, and when the paine begins to come, make thereof a plaister and lay it thereto, and the sore shall be eased within an howre: proued.

For the red Gout.

THis experiment is prouded and is best: Take quicksiluer, brimstone three parts, and two of quick siluer quenched with fresh greace, and the iuice of earthbind, and a litle of swines gall and meddle all together and put it into bores, and when need requireth anoint the place, and you shall be whole.

For the Gout that is bolning.

TAke beane leues sodden in water, then medle it with swines greace and lay it to the sore place, and it doth away all the bolning.

Also take a ley and make pyle therof, and therwith annoynte the patient.

For the Gout that is in the bones.

TAke three roules of rye breade and rolle them well, and then lay on a dishfull of garlick, and stampe them, and laye on the gout as hot as he may suffer it.

Also wallwort sodden in wine till it be pricket, and anointe the sore with the same is good.

Also stamp nettles and lay it vpon the gowt, it caleth well.

An ointment for the gout.

TAke an olde fat Cat and flea it, and take away the guts, and bray the Cat, and put it altogether into a fat ganders bellye, and put therto halfe a pound of Pepper, mustard seede, and persely seede, of each foure vnces, wormwood & garlick a good quantitye, Bole armoniake fyue pence waight, and of ware fyue peny waighte, then rolle it: and the greace that droppeth from ỳ same keepe it and anoint the patient withall, and by the grace of God

the ache will go away, for being throughly annointed therwith, it presently helpeth him.

For the gout a remedy.

TAke a handfull of rewe, as much canell, as muche Turpentine, of redde sage, of eche of these a like muche, stampe them all as small as you can, then take halfe a pounde of blacke sope and meddle all these together and put them in a close vessell, and when the paine beginneth for to come, make a plaister thereof, and lay it therto, and the party so greeued shall haue ease within one hower.

For the gout in the toes.

TAke the roots of fragon, matselon, and the roote of launceroy, stampe them and drink them with white wine euery daye a pottell fasting.

For the greene sicknes.

TAke betony, hartes tung, liuerworte, of eche a good handfull a fennell roote, washe them and bruse them, and put them in a skillet with a quart of Ale, 2. spoonfulls of alisander seedes, one spoonfull of annisseeds, and 4. good stickes of licoris, let all be brused, and boyle all in the ale till the halfe be wasted, then straine it, and make it dilicious with suger, and put into it a little maces and nutmegges, and you to drinke thereof warme euening and morning three or foure spoonefulls, and likewise when your fitte dooth come vpon you.

For the green sickenes.

TAke the keys of an ashen tree being dried and made in ponder and take of red fennell, red sage and marierum, and betonye and seeth them in running water from a pottel to a quarte, then strain them and drinke thereof a good draught with suger morning and euening luke warme.

For gnawing and aking in ioyntes.

TAke herbe bennet, sheepes sewet, oyle oliue, frye them together, then take it of the fier, and make thereof a plaister, and lay it to the sore and it will ease you.

For a hardnes in the body.

AGainst hardnes of the body, take a great quantitye of lillye rootes, with an hearbe called Brancha vrsina, and the roote of Mallowes, and Hollye hocke, and temper them all together in wine and oyle, 12. daies and then straine it, and in the straining put thereto waxe and oyle and make an ointement thereof, and so annoint the body that is so hard bound.

Against heat in the body.

TAke and eate ribe berries, and to drinke the iuice therof, is very good for them that hath ouer muche heat, for it cooleth them: an electuary made of these berries is very good for them that is greeued with ouer much heat in the body.

Also take the distilled water of oxe dunge, is very good and profitable for the same.

A medicine for the black Iaundies.

TAke Gentiana, longe pepper, Calomus aromaticus, Auence, reysons, currons, white sope of spain, of ech of these 1. vnce and 2. spoonefulls of musterd seede, and boyle all them in a quart of wine till the third part be wasted.

Also take angell towchis, and grinde them small, but firste wash them as cleane as ye may, then put thereto a quantitye of neat oyle, and a quantity of aysell, drink this medicine cold three times, & ye shall cast out all the sicknes in your body presentlye.

Also take fennell, sage, persely, gromwel, of ech a like much, and make pottage thereof with a peece of good porke, and eate no other meat that day: proued.

For the yellow Iaundies and green sicknes.

TAke of Iuory made into small powder halfean vnce, of Turmerick three quarters of an vnce, of saffron the waighte of a grote, compounde all these together, and drinke of this a portion morning and euening with stale ale, and for the black Iaundies, first purge melancholy, and for the greene Iaundies, and this will helpe thee: proued.

For

For the yellow Iaundies.

TAke a great white Onion, and make a hole where the blade goeth out to the bignes of a Chesnutte, and then take treakle of Iane, as much as will fill the hole, then take half an vnce of english hony being beaten, and so compound the treakell and saffron together, and put it into the onyon, and set them against the fier, and roste it well that it doe not burn, and when it is rosted strain it through a cloth, and giue the iuice therof to the sicke three daies together, and it shall help them.

Also take a red Docke root and scrape it, and lay it in a quart of strong ale all night.

Also drink the sope of spaine, and the shauings of Iuory, and that is very good for the yellow Iaundeis, either for olde, or for yong.

To expell the venim of the Iaundies.

TAke of running water a pinte, of endiue and succory, of each halfe a handfull, let them boyle till the halfe be wasted, then straine it; and put thereto of rewbarbe one dram and a halfe, and of spignard a halfepeny weight fine beaten, of Suger three vnces, and let it boyle a litle and then take it off, and let it stand close couered all night, and the next day early strain it, and giue the sick to drink fasting, and abstaine two houres afterward.

For the Iaundies in yong children.

TAke of rewbarbe, of Turmericke the weight of x. d. of white suger candye as muche, of spignard the waight of 3. d. make all these in fine powder and mixe it together, and 3. dayes together take therof in white wine or rennish wine.

Also take turmerick, saffron a penye waight, the shauing of Iuory foure pence weight, the shauing of harts horne as much, a spoonefull of the iuice of Capilly veneris made into powder, and drink it in Wine and put thereto a pritty quantitye of suger, and it helpeth the same.

For an Impostume.

An

AN Impostume is a swelling or aking out of kinde, and it is either of a corrupt humour that must be broken out, or els of superfluity of a humor that should nourish that limme.

First there must be giuen a purgation, after that repercussions a maturatiue.

The remedy.

TAke holly hock, licorys, lintsæd, drye figges, lillye rootes, and Iiniper beries, sæth them long in water, after doo away ẏ lycoris and the Iiniper berries, and bray well the other, then put thereto meale of barlye, lintsæde, fenegrēke, and boyle all these together well, and annoint it first with fresh butter, and this ripeth postumes within and without, and it is good in an hard and drye impostume though it wave as hard as a stone: repercutions to smite inward, the matter again should not be vsed in children nor in olde men, neither where matter is woodish or feruent, nor where the water is great or much, now and then in the burning of sicknes in the nigreforiis as grēeneth, when the postume or botch commeth of nobler lim or member then it is on, then shall he be riped there, and not driuen away from destinary dread of the better member, the which abrēding of the postume, and of the venimous matter thereof, repercutions must be taken in time ere that the matter be full seged, and ere it be corrupt and rotten, and that is good commonly with the iuice of colde herbes as pettye morrall, purslaine of the wood, and vmbelicus veneris, with oyle of roses, and a little aysell, a little Bole armoniake and colde ointments, as Popilion or vnguentum album, or the colde oyntment Iusquinianus, and poppie and leade, and sæthe grēene plantain, and vineger, and the white of an egge.

To break an Impostume.

TAke a lillye roote, and an onion, and boyle them in cleane water till they be softe, and then stampe them and frye them with swines greace, and laye it to the impostume as hotte as the patient maye suffer it.

To ripe an Impostume.

TAke wormewood, mallowes, mugwort, of eche a good handfull, stamp them and meddle them with a quarter of a pound of swines greace & fry them: and put to it a handfull of wheaten branne and a little white wine, of hony 4. vnces, boyle them til they be thicke and laye it hot to the sore place.

For ich or breaking out.

TAke an vnce of quicksilver, 2. vnces of baies, and meddle them well together vntill that you can see no quicke siluer, and put it into a box and annoynt the patient once in 24. houres and it shall kill the itch.

Also take Frankensence and bray it small, and medle it with oyle de baye, and therewith annoint the all ouer, and it wil destroy the itch.

For all itches.

IF the itche be in the heate of the winter, then let the partye drink euery daye or other day, of the iuice of Femitorye, bled fasting, and in the winter let him drinke the sirrope femitorye, with warme water, for it clenseth all scabbes and other corrupt humours that ensueth, as leprosie, and clenseth the blood in the vaines.

For the itch a remedy.

TAke the iuice of Penyriall, the iuice of Sauen, and the iuice of scabions, the iuice of sage, the iuice of pellitorye, and Barous greace, and black sope, temper all these together, and make a salue for the itche.

Also take femitorye or earth gall, and seethe it in wine, and it is very good for the itche.

Against grieuous itches in men or women.

TAke the iuice of calidon, Tapsi Barbasti, of honye purified an vnce, beate them together till they be wasted, and set them on the fier, and when that they haue simpered take it from the fier and reserue it to thy vse, and when thou wilt vse thereof against itching, take thereof as muche as thou wilt, and put

thereto

thereto of burnt powder of Vitriall, of burnt allam, of ech a like much, and vse this till that thou be wel.

For the ring woorme.

TAke of the gumme of a Cherry tree, a good quantitye, and the gumme of a plum tree as muche, and dissolue it in vineger that is very good, and oftentimes annointe the sore place therewith.

For kernells or kinges euills.

TAke two vnces of the water of Brome flowers stilled, and giue it to the patient in the morning fastinge, and it will purge the humour downeward, and wasteth and healeth them without breaking outward.

Also seth the water of bromie flowers, and put it in the patients wine, it will do him great ease.

Also take and stampe cuccow pintill, with beares greace, and lay thereto.

Also take and make a plaister of red Docke, and stampe olde greace therto, and it helpeth.

For the kinges euill.

TAke the rote of briony or of Aristologia longa, or smere wort a like much, and beate them with hony, and olde greace, and lay it therunto.

Also take Beanes, and meddle it with glayre of an Egge and olde oyle, and this doth dissolue the kernelles or kinges euill.

Also if darnel be soden in wine with the dunge of an asse, and linseeds, and drink it: it helpeth mightely.

Take of the decoction of the barcks or pilles of ropporis, and sperage, and annoint it with this oyntment.

Take a gray serpent & cut of his head and tayle, about foure inches thereof, and with the greace of that serpent annoynt the said sore.

For a laxe.

TAke Scene an vnce, reubarbe two penyworth, spignarde a penye waighte, infuse the same with white Wine, or water of englasse or borage, of eche halfe a pinte, and warme them scalding hotte, or boyle them a little, and so let it stande al night then warme it in the morning and straine them, put in a little ginger and suger, and so drink it all warme till that thou be wel eased therof.

A powder laxatiue.

TAke half an vnce of Scene in powder, a quantitye of Spignard bruised, and an vnce of ginger in pouder, bruse all these very well, and put this into the soft pappe of an apple, and so to take a pritty quantity of this to bedward.

A powder for a laxitiue person.

TAke in summer the white flowers of elders, as muche as ye will occupye all the yere, and drye it two or three dayes in the sunne, and then put it in a bladder, and when you will occupye it, dayrit as you do saffron, and put a little in an Ale berye, and in a melle of pottage, and incontinent he shall haue three or foure stoles.

For the leaper a medicine.

TAke the iuice of black beries, and temper it with Syrrop made of wilde sage, it is good for them that be leprouse, and they that feare the comming of it should vse euerye morning to drinke halfe an vnce thereof.

For the leaper an other.

TAke and make a bath of strong wine that the leues and flowers of ellder is sodden in, profiteth them that be like to fall in leprie because of fleame.

Also a bath made in water that scabions and moleyne is sodden in, is good for them that haue the spice of the leaprye called alopice, in the which the haires fall.

To make a man leane.

Take

TAke and fill a pan full of filberdes flowers, and séethe them a night and a daye, and put thereto Wine that they drye not, thē let the wine be strained, and let the patient drink it v. daies together in the moneth of February.

For the lunges.

TAke Southerne wood, and meddle it with Licoris and Isope, séeth it in wine or water, make it sweete with Suger and so drunke, is verye good for all disseases of the lunges and breste, when the sicknes cometh of colde the breste shall be annoynted with vnguentum dialthea, and it easeth.

Also the broth of a creues is good for the paine in the lunges consuming, as when a man hath a swelling about the lunges, thē he cometh to drines and consuming of the naturall moisture till he dieth.

Also the roote of wilde rapes is good to clense the lunges, if it be sodden with licoris and drunk.

Also if Figges be sodden with Isope, they clense the lunges and healeth the olde cough.

For the morphew.

TAke water of Elder and drinke it thrée spoonefulles in the morning, and when you haue drunk thereof walke after and catch you a good heate, and then take a pint of white vineger, and 9. oke appells, and cut them and laye them thrée dayes and thrée nightes in the same vineger, and after take a faire linnen cloth and put the appells therein and strain them, and with the licour therof annoynt the body for thrée dayes.

Also take the iuice of selidon and mingle it with the powder of brimstone, and doo it to the morphew all colde.

Also for the morphewe white or blacke, take musterde séede and salte, and stampe them together: and temper them with vineger, and annoynt the morphew therewith.

For the morphew white or black.

TAke an vnce of fine verdigreafe, and an vnce of ſulphur, and make them both into ſmall ponder, and take 2. ſhæpes heads that are fat and flea thē, and cleane them and take out the brayne and caſt it away, and then waſh them clean, and ſæthe them till they be tender, and then take them off the fier, and let it ſtande till the nexte daye, and then gather off all the greace thereof, and mingle the ponder therto, and then put it in a box, and let it come nigh no fier after thou haſt don them together, but worke them all colde: and that will heale the morphew be it white or blacke and annoynte the ſicke therewith againſte the fier euery night when he ſhall goe to bed, and in the morning waſh it away with vineger.

An other for the morphew.

TAke black ſope in a clean cloth and put it in your own brine and therewith annoint the morphew. Alſo let him drink early at morowe, and late at euen water of bourage, and of femitory, medled together by euen portion, and within 14. daies they ſhall be all whole.

Alſo take græn copperas, and put it in cleane water, and let it ſtand a day, and then clenſe the water, and then annoynte the morphew with the water.

A medicine for a marmole.

TAke browne flowers and drye them and beate them to powder, and temper the powder with oyle made of mintes and a little vineger therewith: and annoint the ſore therewith. Take great wall nuts as they growe huſkes and all, and brayſe them in a morter, and temper it with oyle oline, and frye it in a panne and put thereto a quantitye of pitche in the frying thereof, and ſtraine it through a linnen cloth, and therwith annointe the ſore and lay plantain leaues about the back toward the ſore and euery morning waſh the ſore with madder water.

For to heale a marmole.

TAke a pinte of clarified honye, and a quarte of running water, and a great quantitye of ſage, and ſæthe them togeather

as

as well as thou canst, and washe the wound with the licour, and lay a sage leafe on the wound.

Also take oyle Olive, and annoynte the sore therewith, and laye thereon a plantaine leafe, and euerye morninge washe the sore with madder water.

For to cure a marmole.

TAke freshe seame, and the kernelles of ripe nutts, and stamp them small as ye may, and blende them together with Aqua vitæ and hony, and make them thicke as a plaister: and layit on a linnen cloth and put to the marmole, and as often as yée change the plaister ye shall finde it full of red wormes, and so kéepe this medicine still thereto fresh and fresh, til such time the wormes be cleane out, but lok that you clawe not your legges for to make them bléde.

A maturatiue to ripen a botch or a bile.

TAke sower dowe, and white of olde swines greace, and beate them together and put therto salte, and the powder of comin and meddle them together well and make a plaister thereof, this ripeth and breketh postumes, but my maister did put therto powder of senekreke, and the yolke of an egge at one time, if there be much for saylíng of the hart.

How to make neruaile for all akings.

TAke 2. pound of wilde merthe, and a pound of ambrosen, and a pounde of cammemile, a pounde of Betonye, and a pounde of Sage, a pounde of mintes, and a pounde of Hayehewe, and a pounde of Sowthernewod, a pounde of mugwort, and a pound of wormewod, a pound of mallowes, and a pound of Hollyhock a pound of Horehound, and a pound of redde Nettles, a pounde of Lorrell leaues, and a pound of liuer wort, then take all these herbes and stampe them in a morter small, and do thereto thrée or 4. pound of may butter, and a quart of oyle olíue, & stamp them together then do them in an earthen pot, and couer it well & set the pot in a moist place, and let it stand 9. daies, & the 10. day take it out of the pot and do it in a pan & set it on the fier to séeth, and

stirre

stirre it that it doo not cleaue to the panne, and when it hath wel boyled, take it from the fier, and straine it through a cloth, a litle and a litle into a faire vessell, then take that licour, and doo it in a cleane panne and set it ouer the fier, and doo thereto a quarter of a pounde of shéepes tallowe melted, and an other of frankensence well broken in powder, and stirre them well together till it be molten, and then take it from the fier and let it stand and coole, and make theron a hole and let out the water therof: and turne it on the other side and doo awaye the fulnes thereof, then take it and doo it in the panne againe: and set it ouer the fier till that it be molten, and then doo thereto a pinte of the greace of a graie if you maye haue it, then with a feather scumme it cleane, and doo it in boxes, and this is the kindelye making of neruaile and this oyntment is hotte.

To make neruaile to help all sinewes, and to put them in their strength.

TAke ambrosen, cammemile, herbe John, herbe Water, herbe Robart, eglentine, the leaues of crosse wood, fenegreke, Laurell leaues, as much of that as of all the other, breake them and laye them in white Wine, and let them lye so 14. dayes, then take a pottell of greace and a quarte of maye butter, and of oyle oliue, and boyle them together and straine them, and let them coole: and so vse it to the shrunken sinewes.

¶ Here followeth the making of diuers kindes of oyles and it sheweth which be hot and which be colde, as saith Ipocras and Galien.

Oyle of Roses.

TAke and fill a glasse full of Rose leaues, and put thereto oyle oliue 1. li. and stoppe it wel, and set it in the sunne, stirring it euery day once for the space of xv. dayes, then strain it through a cloth and put it vpon colde water, and stir it with hasell wood

but

but take the barke off, and this is milk and tolde.

Oyle of yolkes of egges.

TAke yolkes of egges and put them in a pot ouer the fier, and let them stand till they bo ware blacke, and put them in a prelle and prelle out the oyle, and this oyle is good for al manner of burninges or scaldinges.

Oyle of Henbane.

TAke the sede of henbane and fry it in oyle, e prelle it through a cloth, this oyle is good for al maner of swellinges, and burnings in the ioyntes.

Oyle of Mandrakes.

TAke and cut them in diuers peces, and seeth them in a double vessell of glasse, and set them in the Sunne, and let it stande nine dayes, then set them on a small fier till they be thick, and kepe that oyle for it is good for all festures.

Oyle of Lorrell.

TAke Lorrell leaues and braye them in a morter, and let it stand two or three dales, and then seeth them, and straine them through a cloth, and that which heuetly aboue is the oyle.

Also take lorrell beries when they be greene, and seethe them in oyle and straine them, and it is good oyle.

Also take lorrell beries when they be ripe, and seethe them with lorrell leaues, and therof thou shalt haue the best oyle, and thin oyle is good for diuers cold caules.

TAke almondes or nuts blaunched into a pot full of holes in the bottome, and set that pot vpon a seething pot, that the breath of the seething potte maye enter into the other pote, and wring these kirnels and receiue that oyle, and kep it in a glasse and this is good for diuers purpoles.

To make oyle of musterdseed.

TAke musterdsée de foure pound and foure pound of oyle, grind them together and let them stande so nine daies, then stir it and kéep it in boxes: this oyle is good for the palsie, the stitch, the gout that is bolning, and also for the podagra.

To make oyle of Fennell.

TAke a quantity of Fennell betwéene two tyle stones, or plates of iron, make them very hotte, and presse out the lycoure and this oyle will kéep a great while, for it is good for the tissick, dry scab, and for burning or scalding.

To make oyle of rewe.

TAke rewe leaues and cut them small, then put them in a pot with common oyle the space of nine or twelue daies, then séeth them til they be wasted to the third part, then strain it, and this oyle is very good for to restraine from all manner of priuie causes of pestilence, which are remaining within man, woman or childe.

To make oyle of Iuie.

TAke iuie leaues and bruse them, and put them in Wine and oyle, in the same manner as you do lorrell, and so make this oyle of iuie beries.

Take Iuye berries with the leaues, and séeth them after the same manner as you do the Lorrell berries, euen so do by the Iuye berries.

To make oyle of Cammemile.

TAke the flowers of Cammemile and stampe them in a morter, and put thereto oyle Oliue, and let it lye in the iuice 12 daies, and let it séethe ouer the fier, then let it boyle a little, and take it of and presse out the iuice, and put it into small glasses, and put thereto the flowers of camemile being stamped small, and let it stand 16. daies, and so this oyle is made.

To make oyle of Roses.

TAke red rose leaues a good quantitye, and stampe them in a morter and put therto oyle oliue, and let it stand in the sunne

twelue dates, and then put it in a glasse, and binde fast the glasse about with ropes of hay, and set it in a panne full of water, and let it boyle softely two howers, and then let it kele, then put it in small glasses, and put therto the leaues of red roses all whole and stoppe it fast and set it in the sunne for sixteen dayes, and so vse it at your will.

To make Oyle of Olibanum.

TAke Bawme flowers a bushel, and picke away the buds, and beate them and put therto freshe butter, and a quarte of swines greace, and oyle olive a pottell, and bo it in an earthen pot or panne of 3 gallons, and stoppe the mouth fast with close and set it in the grounde, and take a tyle and bolt vpon the mouth that nothinge do come theteto, and let it stande foure dayes vnder the ground, and at the foure dayes ende se that you be not faling, then take a pan with a lase, and put it therin, and set it ouer the fier, and glase it three houres vpon the fier till it be greene, then take it from the fier, and straine it into a pewter balon and do it in an earthen vessell where you will keepe it. This is the true making of oyle of Olibanum, and it is moist in working, it is good for all maner of sores, but especially for the mortimall and canker, and for Nolime tangere, or for any other sore, proued by many maisters of Chirurgery.

To make the oyle of Exceter.

TAke 2 li. of cowslippe flowers in maye, and put them in oyle olive, and then put them in an earthen pot close, vntill the moneth of June, then take these hearbes following, Lorrell, mudrose, calamint, pellitory of spaine, sage, perritory, scabions, lauender, herbe John, lillye rootes, rosemary, of eche a handfull bray all these in a morter, then take the Cowslippes out of the oyle, and bray them as you do the other herbes, then put them in a panne and boyle them together, softly till all the water be cleane sodden away, for if the water be in the bottom, let it seeth till it be wasted, and then straine them throughe a cloth with cleane handes, and when your oyle is kindly wrought, then put

it in pots or glasses and stop it from the aire, this oyle is good for all aches in mans body or limmes, except the gout.

To make an oyle for many greefes.

TAke Myrrhe, Aloes cxaticum, spignard, sandragon, Incense, saracens flesh, Bedelium, Baulme seed, gumme aromaticke, siracell, mastick, saffron, gum arabek, Storax liquida, of eche of these two vnces, Labdanum, Castor, of eche 2. vnces, muske, turpentine as much, make powder of all that will be powdered and medle them with turpentine, and stil them in a glasse as you do rosewater, and keep it in a strong glasse, this oyle keepeth ȝ substance of mans limmes and the sinewes, and it keepeth dead folks from rotting being medled with the water of roses, and anoint all thy backe from the hart of the forehead to the raynes, and it maketh a leane body fatte, and if the backe be annointed before the fits it helpeth the fevers, and for him that may not speak, it is good for the rising of the mother, for the falling evill, for to be put in his eares and in his nose.

Also it is good for them that be sorrye without a cause, and for them that be drunke with wine, and it is comfortable for all diseases be they hot or colde proued.

To make a green ointment.

TAke a pound of swines greace, an vnce of Verdigreace, halfe an vnce of salgeme, and make thereof an ointment, and it may be kept 40. winters: and this ointments is good for the canker and for running holes, and for to heale al wounds old & new it fretteth away dead flesh, and bringeth new, and put of this into a wound and it shall not fester, and this ointment is good for the rising of the yard or mortimall, and there is no ointment that worketh so especially as this doth.

To make a greene oyntment.

TAke .ij. of sage, of bais halfe a pound, of rew halfe a pounde, of wormewood as much, and chop them very small altogether, take three pound of sheepes sewet, beat the herbes and the sewet

together till they be all one, then take three pintes of sallet oyle, the herbs and the sewet mingle them altogether, and let it stand two dais, and then set it on the fier, and stir it together till the herbes be somewhat hard, then straine them and preserue them to their vse that haue need therof.

To make a pretions ointment called Deweto.

TAke the rasing of harts horne 2. pound, of fenegreke 1. pound, of oyle olive 4. pound, shæps tallow 1. pound, & 2. vnces of galbanum, 2. vnces of the gum of time, and 2. vnces of pertollen, and bray them together, and do therto a portion of white wine or of water: and so let it stand 3. daies, and on the 4. day let it sæthe ouer the fier til it ware some dele thick, then take it off and strain it through a cloth and put thereto a litle hot water for the thicknes, and strain it as hard as you may betwæn your handes: and take the third dele of that licour and put therto 2. pounde of oyle olive and let them boile well till they be somewhat walled, and put therto a portion of wax and of turmentill, and do it to the other licour and let them sæth wel till it wax thick, then do it of the fier and let it kæle and then put it in boxes, and this ointement is good for great greuance of the stone, and for the aking of the ribbes and all hard greuance, it maketh them nethe, but the party must be anointed against ỹ fier, for this hath bæn proued.

To make a good ointment.

TAke of smallage and mallowes, and put therto two pounde of boxes greace, 1. pound of may butter, and oyle of neats fæt a good quantitye: stamp them well together: then frye them and strain them into an earthen vessell.

A medicine for the palsie.

TAke oyle olive and the flowers of Cowslips, put them together and still them in a glasse in the sunne, and then take two sponefull of the oyle that shall come of it with a sponefull of Aqua vitæ, and warme it on the fier in a saucer, and so annoynt

the place which is benumd or grieued, and the patient shal finde very great remedye: proued.

A medicine for the palsie.

TAke a handfull of marigolds, beate them and wring out the iuice therof with a draught of ale, and put to the same a spoonfull of as good mustard that may be gotten, warme this drink 3. times, and so giue it to the party so grieued.

An other medicine for the palsie.

TAke cowslips, wilde sage, lauender, and stampe them small and worke them with sweet ale, and make them vp in balles, and make holes in them, and fill them full of sweet oyle, and let them stand infuse 9. dayes: then take them and temper them againe with sweet oyle, and then fry them and straine them, and so anoint the party so grieued with the palsie.

An electuary for the palsie.

TAke mintes, sinamon, comin, rose leaues dried, mastick, fenigreeke, valerian, Ameos doronici, Zedoarye, cloues, saunders and Lignum aloes of euery one a dram, muske half a dram, make an electuary with clarified hony, and let either man or child that hath the palsie take halfe as much as a nut.

Also a bath made with these herbes, lauery, marierum, time sage, neppe, smallage and mintes are very wholesome for the same.

A plaister for a man that is benummed in any member with colde or palsie.

TAke sauine, rew, sage, mustersed, & temper it with white wine and make it as thick as it were a plaister: and so let it stand in a vessell a day and a night, and then laye it on a cloth thick, and lay it to the member benummed.

For the pricking of a thorne or needle in a ioynt and the hole stopped,

Take

TAke fine boulted flower of wheate and temper it with white wine, and boyle it together till it be thicke with white wine and lay it to the sore as hot as you maye suffer it, and it shall open the hole and drawe out the venim and cease the akinge, and heale it againe, this medicine is good to heale a byle or anye whitlowe or vncome.

For the pricking of a thorne

TAke mather rootes and grinde them small, and boyle it with oyle olive and lay it therunto, or els with the aforesaide oyle anoint the sore place, and it will do thee good.

A preparatiue.

TAke of endiue, succorye, hartes tunge, borage of eche a handfull, of persye rootes, fennell rootes, fumitorye, and the topes of yong hoppes, of eche a quarter of a handfull, of Time, betonye, germaunder, of eche foure croppes, great reisons a handefull, of licoras a litle brused, halfe an vnce of fennell sede, sethe all these in a potte of faire water to the halfe, then put therto fire spoonefulls of vineger, and after one boyling straine them without pressing, then take the clearest thereof, and if you will make a sirrop thereof put to a pinte of the brothe, a pounde of Suger and in the boyling thereof put therto a litle sinamon brused the weight of eight pence, let him drinke of this foure good spoonefulls, with 6. spoonefulls of borage water warmed fasting in his bed, and sweate after it.

To make an excellent millolet plaister.

TAke of greene millolet brused ten handfuls, boyle it in a pottell of white wine to the wasting of the halfe, and straine it, then put therto of rossen a pounde, ware as muche, shæpes tallowe foure vnces, turpentine three vnces, mastick 1. vnce, boyle all saue the mastick, vntil the wasting of ỹ iuice more then half, then bruse other 6. handfull of millelot and put to while it is a boyling: and stirre it well while it hath a play or two, thē take it from the fier and straine it while it is hotte through a course

canuas

cannas bagge and with wringinge and tramping betweene two round staues till by litle and litle the stuffe, gums and iuice be come all out as much as you can get, and when you may handle it put therto your vnces of mastick finely powdered and make it in rowles: mingle your mastick in the handling therof.

To make the powder of life.

TAke spinage, columbine, camemyll, the sæde of femitory and marigold, of euery of these iuces and sæds 1. handfull, and dry them out of the Sunne and make thereof powder, and giue it to drink either hot or cold: for this hath been proued a medicine full true.

The Philosophers stone so called for medicine to cure all diseases both within and without, as fistules, canker, poxe, fauling sicknes, woulfes, S. Antonies fire, and all incurable diseases: proued.

TAke selondine leaues fast by the rotes in may or June, and sæth the in running water, vntil such time as they be come to pappe, and as pappe take them forthe and grinde them on a stone very fine as græne sauce and let it be no drier, then put them in a glasse with a limbecks head and a receiuer, but it must be stilled in balneo likewise, receiue the first water by it selfe and when it beginneth to droppe somewhat slowly or to change then take that receiuer away & put another to it, and then take that as long as it wil still, then take that glasse away, and kæpe it closly and sure for that is the fiery element, and the first is the water, then let your glasse cole: and then set it in ashes in a drye furnace and drawe the last water by it selfe for that is the ayre, and that that remaineth in the bottome is the earth, which earth you must take out and grinde it on a stone fine, and let it stand vpon the stone for to dissolue into water, for it wil in time so that the stone stand in a moist place but you must remember to close your stone round about, that the water passe not by when it is in meltinges, set your stone hanging a little aside, and make a litle gutter for the water to run into the glasse

in

in the which glasse it must be congeled vntill it come to earth: therefore to stoppe your glasse that nothing do goe out but that all may come to earth againe: and thus with that earth grind it and dissolue it and congele it .xxiij. times for it is better, and then this earth will do great wonders, all diseases it will run through and al woũds and cause the same for to heale surely and being drunke with your Aurum potabile and as muche of that earth as a hasell nut drunk, and this wil expulse all wicked humours out of the that no ill can growe in the body, if you so vse it but once a week with the portion.

Also your first water must be stilled often, and ỳ remaineth still in the glasse must be put into the earth for that is earth, if the phisition do well skill vpon the triplicities, and who hath the great gouernance in man of the tripliceties, as for the earth Taurus, Capricorne and Virgo, and for the ayer Aquarius, Lybra and Gemeni: and for the fier Leo, Sagitarius Aries: and for the water Cancer, Storpio and Pisces: then who so can knowe the complexions in them and minister accordingly, he shall do great wonder wt these medicines and quintisans: and as for the earth being so vsed as afore said, it will dissolue siluer of it selfe, and also golde: and also heale many incurable diseases in man or woman that haue long raigned, and bene most vncurable for to be healed Laudes deo.

To make Aurum potabile et Quintescena.

TAke Tartar the best you can get, and fine calcenate it verye white, then take a parte about a pounde, and let it drinke 4. pound of Aqua vitæ, rectified by little and litle, giue the tarter to drinke of the Aqua vitæ, this must be don in a glasse or limbeck set vpon ashes with a little fier and euer kepe it close, and so being congeled in maner somewhat liquide, then dissolue it with more Aqua vitæ rectified, and by and by it will dissolue, and lok as it were azure right in cullour, then take of this water ordained of God, for to comfort his creatures: put it in a vessell of glasse againe, faire being dissolued cleane, then take fine duckat golde: but beware of the same golde, take an vnce first fined

in a teste and then fine beaten in fine shéetes, then take pure fine life honye 4. spoonefulles, and take a quarter of Gentiana fine searced to pouder, the golde gentiana and honye must be grounde finely and put to the quintescens, halfe an vnce of fine mother pearle, grinde all stronglye togeather vpon a marble stone, and put all into your water or quintescene, put all into your glasse, and set it in stilling with a gentle fier, and let it styll vp and downe 10. or 12. dayes, and then kéepe it close and safe for it is good: let it still in moste balnes in any case, and then it is doone. Some doo vse to make oyle of golde in this maner, they doo take vineger and put filing of golde in it or leafe golde, so let it stand in the Sunne when it is hot 12. dayes, and there will arise vpon the vineger as a scumme, the which you must gather with a fether, and as you gather it you maye put it into your Aurum potabile, or els grinde it with your hony pearle and Gentiana, for this gold is better, for this is one of ẏ philosophers great secrets hidden, this is a vertuous quintescene or water of life to heale all infirmities, as leaprosies, and as many as be in man that is hard for to heale, and if a man be a dying and haue but one dram nature within him, giue him but on spoonefull of it, and if his time be not ordained of God it shall helpe him certainelye, and will procure him for to liue longer: by Gods prouidence prouided for man.

Note this noble deuine plaister which hath a number of vertues in him as hereafter followeth.

TAke Galbanum an vnce, aromatici thrée vnces, appoponaci an vnce, new ware 20. vnces, oyle oliue a pounde, Lytarge of golde xiij. vnces, Olibane 2. vnces, mirrhe an vnce gréen copperas an vnce, aristologia longa an vnce, mastick an vnce, bedely 2. vnces, Orimandi calamita 4. vnces, make all these into powder euery one seuerally by himselfe, take a pot of earth and your gallbanum, armoniaci, appoponaci, and put it in white vineger very strong, and couer the pot till such time that all be molten in them, after strain it through a strainer: then put it in a cleane vessell and set it on a gentell fier and temperate,

and

and let them ſimper together vntill all your vineger be conſumed, then take your oyle olive, and put it in the ſame pot, and ſo ſtirre them together on a gentell fier continuallye, and when all is molten then put in your lytarge of golde made in powder, and as you put it in you muſt be euer ſtirring of it that it maye conſume in the ſubſtance: and thus you muſt vſe it vntil it come to blacknes, then put in your bedely, Olibanum, Ariſtologia longa, mirrhe, maſtick, your verdigreace, copperas & your calamita, let it be all in very fine powder, and when it is ſod and well boiled, it will be black and red, and put a little on a ſtone or cloth and if it be hard then it is ſodden well, then let him ſæthe vntill ſuch time as he be hard and ſo preſerue it, then annointe your hand with oyle olive and ſo take it forth, then make it in roules as paſte, and put it in a peece of goates ſkinne well and cleane made, then put it in a veſſell of leade to kæpe made like a bore cloſſe, for this is the precious diuine plaiſter of all the worlde none like it, it is a Kinges iewell of health, for it is good for all diſeaſes both olde and newe, and ſhall giue newe flеſhe and good that he had no better before, if a man be broken let him make a plaiſter, and laye it to nine daies, it ſhall knitte ſure for euer againe by gods grace.

The black plaiſter for all maner of greefes.

TAke a pot of oyle olive, a parte of redde leade, boyle theſe together, and ſtirre them with a ſtice of wood continuallye vntill it be blacke and ſomewhat thicke, then take it of the fier and put it in a penyworth of red wax and a pound of roſſen, and ſet it to the fier againe but you maye not blaſſe it and ſtirre it, then take it of and let it ſtand vntill it be colde, and make it in a lumpe it is good for a newe wound or to ſtaunch bloud, poure a litle of it in a diſh and if it ſticke faſt vnto the diſhes ſide, then it is inough: and preſerue it to your vſe as need requireth.

The making of the flower of all plaiſters and ſalues called Flos vnguentorum per G.K.

TAke halfe a pounde of Rosen, halfe a pounde of Perossen, a quarter of a pound of Frankencence, a quarter of a pound of virgin ware, an vnce of mastick, a quarter of a pound of déeres sewet, a quarter of a pound of Shéepes sewet, 2. drams of camphier, a quarter of a pound of Venice turpentine, and melt that may be molten, and make powder of that which maye be beaten to powder, and searce your powder through a fine searcer, and to compound this treate or plaister withall: your ware, shéepes sewet and deares sewet must be firste molten on a softe fier, then your Olibanum, mastick, with your rosen and perossin, and your Frankensence and mirrhe, and last of all your turpentine of Venice, and as you put these gummes in you must euer be stirring it with a litle sticke that it do not growe to the kettle side with a soft fier: the gummes being throwlye molten, take the kettle from the fier still stirring of it, let your mirrhe and your turpentine be put in the last: for that must not abide on the fier long after it is put in, then take a pottle of good white wine, and let your strainer be of canuas, ready for to straine the said gums withall, and let there be no holes in the canuas strainer, then take a faire bason or péece and put it in a quarte or 3. pintes of your white wine, and then let it runne through into the white wine, and so let it cole for the space of two houres: & then worke it and make it vp in roles and let the roles lye continuallye still in the white wine, for it will be white as Allablaster, and yé may kéepe it this seauen yéres in full effect and goodnes, and especially for all newe woundes and aches being spread vpon new canuas, and apply it to the gréefe, and these be the vertues of this Flores vnguentorum.

Also this noble salue or plaister amongste all other is moste clensing and well sounding the flesche that it healeth more in one weéke then in any other, it will suffer no corruption to be ingendred in man or woman: nor no euill flesche to growe, for all these diseases aboue named, it is the most strange medicine that euer was found: as in experience it hath béen full many times proued and tryed.

The golden plaister that healeth all bruses of vaines or sinewes proued.

TAke colofonye, pitche, rossen and oyle: thre vnces of lyquid pitch an vnce, of Olibanum an vnce, of auri vnguenti a like of eche, of wine as much as suffiseth and make thereof a plaister, and lay it to and kepe it to your vse.

To make Gratia dei.

TAke halfe a pound of rossen and boyle it in a pan vntill the some or scum be come of it, then take a quarter of a pound of vnwrought ware, and put it into the rossen, and boyle them together as is aforesaid: then take an vnce of shepes sewet, and as much of Turpentine and oyle olive a spoonefull, and put them all together into the same panne amongste the rossen and ware aforesaide: and boyle them all together vntill the some begin aboue, and when the some beginneth to ware blacke, then take it of the fier and clense it through a faire linnen cloth into a pan of water, then worke it with your handes and put it out as you do bird lime for the space of a quarter of an houre, and now and then wet your hands in the water when it cleaueth to the salue and then make it into rolles.

To make Gratia dei minor.

TAke bettonye, vernaine, pimpernell that beareth the white flower of eche three handfulls and braye them, seeth them in white Wine till it be halfe sodden, then poure out the Wine through a clothe, and set it ouer the fier: put thereto perrosin a pound, mastick a pound, virgin ware, and take womans milke that nourisheth a manchilde a quantity, meddle them together boyling with a slice till it be well melte: then take it of the fier put in halfe a pound of turpentine, stir it well together till it be cold: then kepe it til ye neede: it is good for all newe woundes and olde for the webbe in the eye, it suffereth no deade flesshe to remaine within the wounde. Also for stinginge of venimous beastes and also for all maner of impostums and for all sores.

To make a plaister that will heale a wounde.

TAke a pound of the iuice of betony, as much of plantaine, the iuice of smallage as much, Bursa pastoris as much, and foure pounde of ware and perrossen, a quarter of a pound of Incensens, boyle all these together with the iuices of these foure hearbes till they be almosse thicke, and then put therein a quarter of a pounde of Turpentine, oyle Olive three pounde, and so vse it as a plaister at neede.

A methridate against poysons and pestilence, which for a trueth was proued vpon foure Irish gentlemen poisoned with ratsbane cast into a pan of milk in Fraunce, who were so swoln that they were ready to burst.

TAke of the rootes of turmentile 2. drams, of all the kinde of saunders of euery of them a dram, white Dittany newe gathered and dried, a dram of the toppe of a Hartes horne, or a spitracke of precious stones, the fragments of orient pearle, Bole armoniacke, Aristologia rotunda, of each a dram, penirial, mirhe and setwell of eche 2. drams, Tarra limnia of the purest a drams the seeds of cytrons and saffron of eche a scruple, vnicorne horne and iacints of eche halfe a dram, the licour to make this electuary is rosewater, and the water of borage flowers distilled, boile your suger and waters to a perfection, and in the cooling put in your powders searced, and so reserue it as a most precious tresure that is also a present remedy to driue out the measels shingles, small pore, the plague pushes and hath holpe them whose sores were gone in and brought them out againe and recouered the parties, and it defendeth all venim.

To make pills against poison of a meruelous vertue.

TAke Imperatrice, Bistorta, Turmentilla, Valeriana, Dittamo, Bianco, Carlina, Gentiana, Aristologia rotunda, Agarico Electo,

Electo, Galgem, of eche a like quantity, beate them in fine ponder then take ỹ iuice of garlick and of onions as much as will make it into a paste. Also put into the iuice one dram of saffron, thẽ let the said paste be mixt drye in the shadowe, and then beate it into powder againe and mixe it with the foresaide iuice in good force, and keep it in a vessell of leade vntill thou hast nede, and when thou wilt occupye it take thereof 4. drammes, and make thereof pilles with Siropo acetoso in good fourm, the which thou shalt giue vnto him that is poysoned, and in shorte time thou shalt see miracles of that medicine, for all the aforesaid simple is in maner alone sufficient to deliuer one that were poysoned, but being mixed together it worketh greater effect, these pills are of such experience against poyson as may be.

For a man that hath drunken poyson.

TAke betonye and stampe it and mingle it with water, and the poyson that the party hath dronke, will presently come forth againe.

Against the plague or pestilence.

TAke matselon, sentuary, wormewod, horehound, of eche a good handfull, and stepe them all a night in a potte of beare, and in the morning drinke a draught thereof fastinge. Also to perfume your chamber with rosemary dried, and bay leaues, or Ieneper or rosewater, and cloues and Olibanum, it is very good to giue children in time of infection, treakle with water of dragons or scabions, or let them chewe zedwall in their mouthes.

To driue out the plague if you think one be infected.

TAke the rote of dragons and the rots of Polipodium of ỹ oke a like quantitie, and drie them in an ouen, and beat them to powder, and if you thinke that you be infected, take as much of the powder as will lye on a groate and put it in a cup of ale, and drinke it nexte your hart and it will driue out the plague, and preserue the patient.

A powder to drink to preserue one from the plague.

TAke betony, pimpernell, sinkfoyle scabions of ech of all these a like quantitye, and drie them all and beate them into fine powder, and where any infection of the plague is, drinke some of the powder in ale warme nerte your harte, two mornynges in a weke, and if the infection be great drinke it euery morning and by Gods grace it shall helpe him.

For them that are infected with the plague.

TAke a spoonefull of running water, a spoonfull of Vineger, a good quantity of treakle to the bignes of a wallnut, temper all these together and heate it luke warme, and giue it him to drinke 24. houres.

For the plague a remedy.

TAke scabions and stampe it with swines greace and laye it to the sore, and let it lye for foure and twentye houres vnremoued, and it will take it cleane awaye or els breake it, and if the patient drink the iuice therof it is very good therfore.

For the plague a medicine.

TAke an onion and cut out the core and fill it full of treakle of Jane and rolle it in the fier: and then take three spoonefulls of red vineger, and six spoonfuls of the iuice of Sorrell, and straine the onion with the said iuice and drink it warme.

Also take Treakell of Jane and stirre it together with Ginger and Cloues and a little Saffron, and take thereof in the morninge nerte to your harte.

For to kill ringwoormes or tetters.

TAke vnslaked lime and sope and mix them together and laye it vpō a parchment skin no broader then the ringworm, and lay it therto halfe an howre vntill it take the barke or skinne, and then take the iuice of orpine and anoint it till it be cold, and then heale it vp with salue.

Also

Also take glasse and make it fine powder, and meddle it with black sope, and annoint the sore therewith.

An ointment for ringwoorms or tetters.

TAke oyle of roses 2. vnces, new ware 4. d. waighte, meddle your oyle and ware together, then take litarge of golde, and serule of each halfe an vnce, make your litarge and serule in fine ponder and meddle them in a brasen morter with your oyle, and ware, then take halfe an vnce of quicksiluer mortified, and the white of an egge new laid, medle them together and put in your quicksiluer last and vse it euening and morning, and thus you shall mortifie your quicksiluer: put it into a viall of glasse, and put salting spittle to it, beat it vp and downe till it chaunge coulour like ashes, then put in your stuffe and labour them together and it shall heale them.

For a ringwoorm or tetter.

TAke 4. vnces of boxes greace, and 1. vnce of quicksiluer, and kill it with salting spittle, an vnce of verdigreace, a dramme of Camphier, a quantitye of blacke Sope and of mustarde, the iuice of Wallnutte leaues, and grinde them all together vpon a painters stone and put it into a boxe, and therewith anointe all the places where the ringwoorme or tetter is euening and morning till it be whole.

To kill a ringwoorm or tetter in what place soeuer it be.

TAke black sope and Pepper and mingle them together, and make a plaister therof and lay it to the greef.

Also take the iuice of Honysuckle leaues and annoynte the place with a fether.

Also take the oyle of Scorpian and anoint the place where the greef is.

Also take flower of popell and vineger, and oyle of nuts, and anoint the place therewith.

A good restoritie to restore a mans nature, and to helpe them that are weake and decayed.

TAke and make almond milke with the broth of béefe marye bones and of a cocke that is well boyled, then temper thereto yolkes of Egges with good Bastarde, then put them in the almonde milke, and make a cawdell thereof with your bastard, and cast blaunche powder vpon it, and you may put a litle rose water vpon it, for it will be the better.

A restoratiue of Rosa solis.

TAke Rosa solis, but touche not the leaues in gathering, nor washe it not, take thereof 4. good handfulls, then take three pintes of good aqua vitæ and put them bothe into a glasse or pot of 3. or 4. pintes, and then stoppe it hard for 3. dayes and 3. nights and the 4. day straine it through a cleane cloth into a glasse or pewter pot, and put thereto halfe a pounde of fine suger beaten very fine, take 4. vnces of fine licoris beaten in powder, halfe a pound of sound dates the stones taken out, make them clean, and mince them small and put all these together into a glasse or pewter pot, and stoppe it close that no ayre goe out and drinke thereof at night halfe a spoonefull with ale or bére, but ale is beste, take as much in the morning fasting, for there is not the weakest body in the world that wanteth nature or strengthe, or that is in a consumption, but that will restore them again, and make them to haue a good appetite to their meat.

For to restore the strength of a man that is brought lowe.

TAke 2. or 3 fennell rootes, and as many perselye rootes, Alope time, sauory violet leaues, of eche halfe a handfull, and a Lycoris sticke brused small, a spoonefull of annyseeds, halfe a handfull of great raysons, with a handful of barlye, make your broth

of

of all these sodden in a pottell of water to a quarte or lesse, and when your meate is very well sodden, stamp it: your flesh must be either a Cocke chicken or a knockell of Weale, and being so stamped very well together: straine it and keepe it, and giue the patient thereof morning and euening often, and it will restore him although he were neuer so lowe brought.

A salue to heale all maner of sores and especially for a fresh wound.

TAke oyle Oliue and turpentine a like much, a prety quantity of rosemary leaues pricked, boyle all these together, and in boyling put thereto a spoonefull of faire water, and let them boyle together vntill the water be consumed as an oyntement and when it is boyled straine it hotte and warme, and let it stand in a vessell of earth, and when ye shall occuppye it heate it ouer the fier, and againste the fier dresse the sore so that the fier may dry the ointment, and if nede be that there be dead flesh lay lint in the salue and lay it hot against the sore, and if it nede to be tented then tente it with a tente of the same ointment hot, and lay vpon the tent a plaister of hot cleaning salue, and it will cure any wound or sore.

To make a salue to bring sores that rankle and ake into their own kinde and cease the burning and aking.

TAke the iuice of smallage and of plantain of each like much, of hony and the white of an egge a like much, and put therto flower of boulted wheat and stirre them well together vntill it be thick, and let it come neare no fier but all cold and raw lay it to the sore, and it shal clense the wound and ease the aking, and bring it to his kinde and heale it faire: for this is a principall salue for sores.

A salue for a new cut that will not leaue bleeding.

TAke the blades of vnset lékes, ſtampe them and put thereto hony and wheate flower, and ſtirre them well together vntill they be thicke, and let it come nére no fier but all colde laye it to the wounde and it will ſtaunche the bléeding, and it will dryue out the dryed bloud and make it clean and heale it.

A ſalue for all ſores.

TAke oyle oliue a pint and a half, turpentine as much: roſſen a quarter of a pound, vnwrought ware half a li. of ſhéepes talow 4. li. then take 2. handfulls of ſmallage, 2. handfulls of bugle, 2 handfulls of ragewort, 2. handfulls of plantaine, 2. handfulls of ozpine, and cut all theſe herbes ſmall, and ſéeth them in the foreſaid geare aboue written, and let it boyle ſoftly ouer the fire alwaies ſtirring it vntil it be wel medled together: & when you think it well, take it from the fier and ſtraine it through a ſtrainer of canuas cloth and ſo vſe it.

A ſalue for a new hurt.

TAke ware and ſhéeps ſewet but not ſo muche of the ſewet as ware, and a litle roſſen, and if you will heale it ſhortly put in but a litle roſſen and ſet it ouer the fier together, and as it riſeth ſtirre it, and then put therin a diſh of water: and when it is cold make it in roules.

Alſo take the whiteſt virgin wax that ye can get and melt it in a panne, then put in a quantitye of butter and hony, and ſéeth them together and take a diſhe with faire water and ſtraine it into the water and worke it with your handes, and then make it in a round ball and ſo you may kéep it, and when you laye it to any ſore ye muſt worke it in your hand and ſtrike it on a cloth and lay it to: and it will both heale and draw.

A ſalue for wounds and all old ſores.

TAke halfe a li. of ſarueſe and ſomewhat more, of oyle Oliue which is ſallet oyle 2. vnces, of vineger a prety quantity, and boyle it till it be blacke, and make it vp in rouls, and ſo at your néed you may occupy it.

A very good ſalue called Incarnatiue to bring fleſhe.

TAke of the beſt turpentine and waſh it in very faire water vntill it be very white and then put out the water from it and compounde it with the yolke of an egge or two, & put in the duſt of frankenſence and ſaffron very fine beaten, and ſo worke them altogether and kéep it to your vſe when you ſhall néed it.

A notable healing ſalue.

TAke pure ware, roſſen, Bolæ armoniake, ſhéeps ſewet, déeres ſewet of eche 1. pounde, beate the roſſen and armoniake into fine powder and ſearce it through a fine ſearcer, then take turpentine halfe a pound, boile al theſe together vpon a ſoft fier, and ſtirre them well all the while that they ſéethe: but put not in the turpentine vntill it be readye to take from the fier, for it muſte haue but one walme, and ſo imploy this ſalue to any ſore wounde and it wil heale it in ſhort time.

To make a drawing ſalue.

TAke Déeres ſewet and melte it, and put in as muche oyle oliue, as muche roſſen and ware, boyle them together, then let it ſtand and put in ſome turpentine, and ſo ſtrain all through a linnen cloth and kéep it to your vſe.

Alſo take an vnce of ware two vnces of ſhéepes ſewet, halfe an vnce of Olibanum, halfe an vnce of roſſen, two ſpoonefulls of honye, two handfulls of young Docke leaues, and take and put them into thrée or foure olde Docke leaues cloſe wrapped together, and ſo roſt the young dockes therein: and when the Docks be roſted put in your gums thereto.

A ſalue for an olde ſore.

TAke as many brambell leaues as when they are ſhired come to a quarter of a pound, of ſage, and valerian, of ech of them a quarter of a pound, alſo as much of ware, as muche freſh butter halfe a pounde of roſſen, then put them into a ſkillet, and boyle

them altogether a good space, and then straine it through a faire cloth, and so kéep the salue till that you haue néede thereof, and this helpeth.

The making of a salue to bring woundes that be rankled and brused and to cease the swelling and aking.

TAke the iuice of smallage and the iuice of pety morrell, and the iuice of plantaine leaues of eche a like much, then take hony and the white of an egge a like of eache of the same as of the iuice and medle them al on the fier and put therto flower of boulted wheate, and stirre them well together till it be some deale thicke, and then let it come nye no fier, but lay it to the wounde all colde, and it will clense the wounde and cease the aking and the brenning and bring them in his kind and heale him faire for euer, and this is a principall salue for sores or wounds: proued.

To make a salue that is a precious ointment for wounds and for bruzings but it must be drunken in white wine or stale ale.

TAke of the herbe Walter, Robart, wilde thistels, purselwort beruain, daisie, the litle knapwort, egrimony, hartes tunge horehound, pimpernell, hearb iuie, sanigell, Plantaine, Medewort, sothernewod, tittle burnet, mugworte, tansie, the holye thistel, betony, turmentile, mouse eare, pelnet, milfoyle, robwort blacke thistel, wilde sage, cropps of hemp, crops of the red brambles, croppe of the red wortes, mors diaboli, grounswellye, scabions, sage, violet of the garden, osmond wathes of the mede, fumitory, dawk, spinage, strawberyes, and the more daysy, mede march, walls crops, pergel, woodrone, crosset, Iermander, tutsain woodbind, pedelion, floures of brom, cingfoyle, wormwort, scabwort, then take of auence as much of him as of all the other herbes, and then shred them and dw them in a morter, and stampe them small, and dw thereto 3 or 4. pounde of maye butter cleane clarified and put together, and so let them stand 7. dayes, & then

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dō it in a cleane pan and ſet it ouer the fier and let it ſæth ſofte, then ſtrain it through a canuas cloth, and dō therto the iuice of ſaffrō and ſtir them well together, and let it ſtand forth till it be cold, then muſt ỹ ſick take therof on this maner: take of this ſalue 6.d. waight, and dō it in warm wine or ſtale ale, and let it melt on the fier, and let the ſick drink it firſt and laſt, and this healeth wounds well.

For the ſalt humour.

TAke halfe a li. of Lignum vitæ, and barkes therof, and anneyſæd licoras, and boyle al theſe together & half a pint of clari-fied hony, and all kinde of cold herbs: with liuerwort and harts tunge, halfe a quartern of frenche barlye, and halfe a pounde of raiſons of the ſunne, put out the ſtones of the reyſons, and boile all theſe together very well, and ſtraine them, and it wil helpe that diſeaſe in the body.

For the ſalt humour an other.

TAke white lead, ceruſe, litarge of gold, and litarge of ſiluer, of ech 1. vnce, ſulphur 1. vnce, mix them together and make them in powder very ſmall, then take oile oliue 1. vnce and a half, vineger, white wine as much as nedeth mix in due proportion.

for to heale any ſore or cut.

TAke a litle fine flare and a litle hogges greace, and chop them together and make a plaiſter of the ſame, and it will heale it very well and faire.

An ointment for all maner of ſores and cuts and ſwellings and heat.

TAke melilot, egrimony, of ech a like muche, wood Wittanye, wormwood, and ſmallage a quantity of ech of them, and gather them in may and dryed them and bray them with as much butter waight for waight as the herbs all together and then lay it

it in a corner fyre or seauen daies vntil it be hoary, and then take it and frye it: then straine it into an earthen pot, and when it is colde make an hole in the side or bottom of the pot that the oyle maye runne out.

An other for the same.

TAke a good quantity of smallage and mallows and put therto 2. pound of boyes greace and a pound of butter, and oyle of neates fete a quantitye: and stamp them well altogether, then frye them and strain it in an earthen pot and kep it to your vse.

A water for to heale an olde sore.

TAke a gallon of running water and set it on the fier and let it sethe: then take an vnce of greene copperas, two vnces of Bolæ armoniake, white copperas the quantitye of halfe a nutte and grinde or beat them all to powder together into the said water and let them sethe together a litle while, then take it from the fier and when it is cold put it in an earthen bottle, and stop it fast and then occupye it at your nede.

A soueraign water for all maner of sores.

TAke red sage, Isop, rosemary, red fennell, daisies, englith saffron, neppe and allam, of ech a quantitye, but most of daysies sethe them in running water and wringe it through a cloth and so make a water: and this is good for all sores.

An ointment to cleanse olde stinking sores.

TAke the iuice of selidon, the iuice of plantain, hony, the yolke of en egge, of eache a like muche: barlye flower, meddle them together and put as muche barlye flower as shall make it thicke like a plaister and let it come nere no fier, and so lay it vpon the sore.

A good ointment to clense a sore both olde or new.

TAke halfe a li. of turpentine, and wash it well in barlye water, the yolkes of six egges newe laide, honye of roses foure vnces, and for lacke of honye of roses take other honye, barlye flower.

flower as muche as shall be sufficient to make it thicke like a plaister, and meddle them together and let them not come nere any fier.

To skin the flesh that is raw.

TAke a quarte of good ale, and allam, honye, and woodbinde leaues, and stamp the leaues and put the iuice to them and seeth them till they come to a pinte, and when it is colde: wet a graye paper in it and lay it to the sore.

For all maner of scabbes.

TAke Enula campana, red docke rootes, nightshade, Woodbinde leaues, and then cast in a peece of allam, and put in Vitrioll romana rubrified when it is colde: and washe the scabbe therewith.

Also take white ointment, brimstone, quicksiluer, verdigrease, and meddle them together, and therewith annoynte the sore scabbe.

For to doo away scabbes.

TAke red docke rootes, pimpernell, scabions, sorell de bayes selondine, stamp them with may butter, and frye them wel together and strain them through a cloth into a cleane vessell, and cast thereto a good quantitye of brimstone in powder, and stirre it well together till it be colde: and therewith annoynt the sicke till that he be all whole.

Also take the roote of horsehelme and sethe it in water till it be nesshe, and take olde shepes tallowe and meddle them well together in a morter, and do it in a linnen cloth and annoint the sore by the fier.

Also take selondine and pouder of brimstone, and medle them well together and it wil do away the scabbes.

Take onions and mince them, and seeth them in water or in vineger and washe therewith the scabbes or itching, and it shall do it away and heale it faire and smoth.

A good ointment for the scabbes and for itching of the body.

TAke 4. vnces of oyle de baye, and an vnce of Frankensence, and 2. vnces of white wax, and 3. vnces of Swines greace, and an vnce of quicksiluer that must be slacked with saltinge spittle, an vnce of great salte, as muche of the one as of the other and of all these make an ointment, and if the scabbes or itche be vpon all the whole body as wel aboue the girdle as beneth, then when thou goest to bed wash both thy handes and thy fete with warme water, and battell them well therein by the fier, and after drye them with a cloth of linnen, then take vp with thy fingers of that oyntment and do it in the palmes of thy handes, and on thy soles of thy fetes, and rubbe it well together that it maye drinke in well, and if it do soke in well, thou must put gloues on thy handes and sockes on thy fete, and thus do euery night when thou dosse goe to bed, and if the scab or itche be aboue the girdell and not beneath then annoint but thy handes, and if the scabbe be beneathe the girdle, then loke that you annoynte the soles of your fete, and the scabb or itch be in all thy body as wel aboue the girdell as beneath, then thou must annoynte both thy handes and thy feet as thou sittest by the fier, and thou shalt be whole: this hath been proued.

Another ointment for a man that is scabbed.

TAke 5. or 6. handfulls of horehound, and seethe it in running water till it be halfe sodden away, and then washe the sicke therewith as hotte as he maye suffer it, and then loke that you haue ready this oyntment made of these herbes, take the rote of the red dockes, and the rote of selidon, and then take wormewood and alleluia of eche a like muche, and bray them well together, and do therto a good portion of may butter, and stampe them well together, and so let them stande 7. dayes, and then frye it and strain it as thou dosst an other oyntment, and therwith annoynt the sick when he is washed and he shalbe whole.

For

For the shingles a remedy.

TAke Doues dirte that is mustye, and of barlye meale heaped halfe a pound, and stampe them well togeather, and doo thereto halfe a pinte of vineger and meddle them together, and so laye it to the sore colde, laye cawle leaues therevpon, and so let it lye 3. dayes vnremoued, and on the 3. daye if néede require laye thereto a newe plaister of the same, and at the most he shall be whole within 3. plaisters.

An other for the shingles.

TAke the bloud of a Cats eare or of the taile, and therewith annoynte the shingles and doo nothing else thereto. Also take Doues dunge, and barlye meale, and stamp them together with aysell and laye it to the shingles all colde.

For all maner of sinewes that are shrunken.

TAke the head of a blacke shéepe, Cammemile, lorrell leaues, sage of eche a handfull, and braie these hearbes in a morter then boyle them altogether in water til they be wel sodden, and let them stand till that they be colde, then drawe it through a strainer and so vse it.

An ointment for shrunken sinewes and aches soueraigne.

TAke 8. Swallowes redy to flye out of the neste, driue away the bréeders when you take them out, and let them not touch the earth, stampe them vntill the fethers can not be perceiued, put to it lauender cotten, of the strings of strawberies, the tops of mother time, the tops of rosemary of eche a handfull, take all their waight of maye butter and a quarte more, stamp al the fethers that nothing can be perceiued in a stone morter, thē make it vp in balles and put it into an earthen pot for 8. daies close stopped that no aier take them, take it out, and on as softe a fier as may be séethe it so that it doo but simper, then straine it, and so reserue it to your vse.

For ſinewes that be broken in two.

TAke wormes while they be knitte, and loke that they departe not, and ſtampe them and laye it to the ſore and it will knitte the ſinewes that be broken in two.

For to knitte ſinewes that be broken.

TAke archangell and cut it ſmall in gobbets and laye it to the ſore, and take milfoile and ſtamp it and laye it above it hard bound and let it lye ſo 3. dayes, and at the 3. dayes ende take it away and waſh it with wine and then make a newe plaiſter of the ſame, and at 3. dayes ende put thereto another, and do nothing elſe thereto.

Alſo take penyriall and bray it, and put ſalte inough to them, and temper it with honye and make a plaiſter therof, and lay it vpon the ſinewes that be ſtiffe and it will make them to ſtretch.

An oyle to ſtretch ſinewes that be ſhrunk.

TAke a quarte of neates foote oyle, a pinte of neates gall, halfe a pinte of roſe water, as much Aqua vitæ, then put al theſe together into a braſſe pan, then take a handfull of lauender cotten as much of bay leaues, a good quantity of roſemary, a good quantity of lauender ſpike, of ſtrawbery leaues, & ſtrings and al, then take threed and bind them all in ſeuerall branches, and put them into the pan or pot and ſet them ouer the fier vpon cleare coles with the oyles altogether, and ſo let them boyle a good while and when it is boyled inough it will boyle but ſoftly: then take it off the fier and let it ſtand till it be almoſt colde, then ſtraine it out into a wide mouthed glaſſe, bottle or pewter potte and ſtoppe it cloſſe, it will not continue in a woodden thinge, and where the ſinowes be ſhrunke take of this being warmed and annoynt the place therwith and chafe it well againſt the fier, and vſe this morning and euening, and keep the place warme and you ſhall finde great eaſe.

For to ſtaunche bloud.

TAke Bolæ armoniacke and turpentine & make a plaiſter and lay it to. Alſo take the moſſe of the haſell tree and caſt it into

the

the wound and it wil ſtanch forthwith & the longer that it is gathered & better it is, alſo take a good peece of martinmas beef out of the rot & heat it on coles and as hot as he may ſuffer it lay it thereto. Alſo take a peece of leane ſalte beefe and let the beefe be of that greatens that it maye fill the wound and laye in the fier in the hot aſhes til it be hot through and all hotte: thruſt it in the wound and binde it faſt and it ſhall ſtaunch anon the bleeding, when a maiſter vaine is cut and if the wound be large.

For to ſtaunch bloud.

TAke Burſa paſtoris, ſtampe it and laye it to the vaine, and it will ſtaunch bleeding.

Alſo take the moſſe that groweth about the rote of the Aſhe tree and hold it to thy noſe and ſmell it, and it will ſtaunche the bleeding.

Alſo take rawe beefe that neuer had ſalte caſte on, and ſet a gridiron on freſh coles well kindled and lay the beefe thereon: and turne it and broyle it well and then lay it to the ſore and it will ſtaunch the bloud, and for the noſe to be put in a cloth and to ſmell to it: proued.

For to ſtaunch bloud.

TAke an herbe that is called Lunaha and ſtampe it and laye it to the wound or take the grẽn leaues thereof and laye it on the wound and it ſhall ſtaunch, and if a man maye not haue this herbe, let him burne the fethers of a cockes necke and take the aſhes of them, and lay on the wound and the bloud ſhall ſon be ſtaunched.

For ſwelling that commeth ſodenly in mans limmes.

TAke Hartes tung, Cherfoyle, and cut them ſmall, and then take dregges of ale, and wheate branne, and ſhepes tallowe molte and do all in a pot and ſeth them till that they be thicke, and then make a plaiſter and lay it to the ſwelling.

Alſo take faire water and ſalt and ſtirre them well together and therin wet a cloth and lay it to the ſwelling.

For to make one slender.

TAke fennell and seeth it in water a very good quantitye, and wring out the iuice thereof when it is sod, and drinke it first and last, and it shall swage either him or her.

For to breake the stone a medicine.

TAke halfe a handfull of pellitorye of the wall, halfe a dossen Perfely rotes, halfe a handfull of vnset Mine, a quantity of Penyriall, and seethe all these in a pottle of Rennishe Wine or white wine, and let it seeth to a quarte or a pinte which ye will, take a nutmegge rosted and dryed by the fier, and deuide it in 4. parts and drinke the same warme after it is strained, as much as you think good.

Also take the rots of persly, pellitorye, and red nettles of ech a like quantitye, washe them cleane and mince them small, and lay them in white wine 24. houres, and stil them altogether and drink it with a pound of rots put to a quart of white wine.

For the stone a remedy.

TAke reysons, vnset lekes, sappifrage, samphire, anence, benecods, still ech one by it selfe, and fine them in the sunne, and take of ech a like much, and put therto as muche malmsie as of the waters, and stil them altogether again, and fine it in the sun and when the patient is greeued at no time also let him drink of the water 3. spoonfulls, and that is sufficient at one time, and heate it luke warme, and put in a litle pouder of giues & drink it and lay him down to sweat. Also take Sapifrage, and still them with water and make thereof a sirroppe as though it were with roses, and put thereto a quantity of suger and eate it, and it will breake the stone marueilously.

A medicine to break the stone.

TAke a cake of rye and bake it, then take onions and rost the very softe: then take your cake out of the ouen, and slit it a-

sunder

sunder in the middest, the vpper side from the nether, then take your onions and pill them and shread them vpon the cake, and lay the one peece to the bottome of your belly, and the other part to the rains of your back and it will help you.

A good powder for the stone.

TAke smallage séed, louach séed, fennel séed, sapifrage séed, caraway séede, gromell séed, broome séed, persely séede, Philopendula the rote thereof dried, veruaine, and the kernells of Cherrystones, of euery of these a like much by weight, then beate them in a brassen morter all to pouder, and then let the sick vse of this in white wine at euen and at morrowe, and also in his pottage of this powder, and this is good for the stone.

A good medicine for the stone and to break it.

TAke allisander, louach, smallage, water cresses, and gromel of ech a like much, and boyle them in a gallon of faire water till the halfe be wasted and do therto a good deale of suger, or of licorys, and then strain it through a cloth, and do it in a cleane vessell well stoped, and let the sicke drinke thereof morning and euening, and this will breake the stone in the raines or bladder and make him for to come out without faile.

A good medicine for the stone.

TAke marche séed, annisséd and commin séed, persiye séed, and fennell séed, and water cresses séede, or els the pouder made of the herb, then take al these séeds and do them in good vineger and so let them stand 2. daies and a night, then dry these séeds in an ouen and then make them to powder in a brassen morter and then let the sicke vse of this powder in his pottage, and in his drink as is aforesaid, & this wil make a man to make water wel

A good plaister proued for the strangury.

Take

TAke Holly hocks, Violets and Mercury, the leaues of these herbs or the seeds of them, also the rind of the eldern tree, and also leydwort of ech of these a handfull, and beat them smal and seeth them in water til halfe be consumed, then doo therto a litle oyle oliue and all hot make thereof a plaister, and laye it to the sore and rains and also in somer thou must make him a drink in this maner: take sapifrage and the leaues of Elderne, 5. leaued grasse and seeth them in a pottell of stale ale till the halfe be wasted and then straine it and keep it cleane and let the sicke drink therof first and last, and if you lack these herbes because of winter, then take the rootos of 5. leaued grasse and dry them: & make therof powder, and then take oister shelles and burne them, and make ponder of them and medle them together, and so let ye sick vse thereof in his pottage and drinke, and it shall help him.

To make a powder for the stone and stranguillion.

TAke blacke bramble beries while they be red, iuy beries, ye inner pith of the ashe keyes, the stones of eglantine beries clouen, rubbed from the haire, nut keys, the roots of Philopondula, of all these a like quantity, acorn kernels, the stones of sloes, of ech a like quantity, dry all these on platters in an ouen till they will be beaten to powder, then take gromel seede, sapifrage seed, alisander seed, coliander seed, persly seed, comin seed, fennell seed, anyseed, of ech of these a like quantity, as much as is before written, and dried in like sorte, then beat al these to fine pouder, and take licoras of the best that you can get faire scraped, as much in quantity as of all the other, and beat it fine and mingle it with the same pouder, and so keep it close that no winde come at it, vsing it first and last with posset drinke made with white wine or ale, and when you eat your potage or other broth put some in it if you be sore pained, and if you haue anye stone it will come away by shiuers, and if it doo so when you thinke that your water beginneth for to cleare againe, take this drinke that followeth, and it will clense your bladder, and it will leaue no corruption therin.

The drinke.

Take

TAke rasemary, wilde time, and sethe them in running water with as much suger as will make it sweete, from a quart to a pinte, vse the quantity of your herbs according to your discretion, so that it maye sauer well of the herbes, and so vse it 9. mornynges 6. or 7. spoonfulls at a time.

For the tisick well proued.

TAke a handfull of fennel rootes, as much persly rootes, as many alisander rootes, half a handfull of borage rootes, and pull out the pith of all the said rootes, then take halfe a handfull of penyrial, as much of violet leaues, and asmuch of cinkfoile, as much succorye, endiue, hollyhocke leaues, mallowe leaues, and redde garden mintes, of all these a like quantity as of these nexte before, halfe a handefull of Licoris stickes scraped, brused and beaten to fine powder, a gallon of faire running water, boyle therein al these simples, and boyle these sedes with them, that is three spoonefull of annysseedes, as much fennell sede, the like of coliander sede, and cumin sed, a good handfull of dandelion rootes, and so boyle all together from a gallon to a pottell, and let the patient drink therof first and last, and it will help him in short space proued.

Another for the tisick.

TAke a quarte of running water, with a good handfull of Isope, 2. vnces of annysseeds, as much licoris beaten both together, halfe an vnce of fenell sede, beat all these together very fine with a quartern of white suger, and so boyle them all together vnto a pinte, and then straine them and so let the party drink therof first and last and it will do him good.

For a tisick or cold another.

TAke 2. vnces of licoris scraped and brused, of figges 3. vnces of egrimony, horehound, Enula campana, of eche a handfull and boyle them all together in a gallon of water vntill the halfe be walked, then straine the herbs from the iuice, and vse it early and late: for this hath been proued.

Also for the dry tissicke, take and stampe fenell roots, and take the iuice therof and drink it with white wine.

For the tissick an other experiment.

TAke radishe rootes make them cleane, and cutte them thin, and caste them into an Ouen and bake them, and beate them into powder as small as you maye: then drinke thereof euerye day fasting, and last to bed, and wet your meat in the same ponder as you would doo in salte and it wil doo you verye great ease shortly.

To make the mother of treakle.

TAke a pinte of honye, put thereto of the iuice of redde fennel seethe it on the fier vntil it come to a pinte, then take it of, and put thereto a penywoorth of Sinamon in powder, two rasies of ginger, a nutmegge and a litle mace, and stirre them well together, and when it is colde put it into a boxe and gather your fennell in may.

Also to make treakle for al maner of poyson, take 1. vnce of betony in powder, and 4. vnces of centory in powder, and 2. vnces of the powder of rewe, and medle al these together, and temper them with clarified hony, and keep it in a glasse or boxe.

The golden treate that healeth all bruses.

TAke colofonye, pitch and rossen, and two vnces of oyle, three vnces of liquide pitche, one vnce of Olibanum, Auri vnguenti allam, of ech two vnces, of wine as muche as suffiseth, and boile all these together and so receiue them to your vse as you néede et fiet.

For to make a white treate called Apostolicen.

TAke oyle oliue, litarge of leade, gold and siluer, stampe it and put it in the oyle through a cloth, and stirre it till it be hard, and this is a good treat for to heale al maner of wounds be they new or olde: it hath béen proued.

To

To make a treat called Emanuell.

TAke veruaine, bittany, pimpernel, centorye the more, Gratia dei, of ech one handfull, herbe John, auence, celondine, acus muscata, alleluia, planten, spurg egrimony, of ech 1. handful grind al in a morter, and put them in a gallon of wine, and boile them in a pan till the third parte be wasted, then straine it through a canuas cloth and set it ouer the fier, and put thereto waxe 4. vnces pitch as muche, rossen as much, Olibanum 2. vnces, masticke 2. vnces, mirrhe as much, aloes as muche, turpentine 2. vnces, sheepes sewet halfe a ponde, beate them all in powder and boile them all together saue the turpentine, the which must be put in last, then straine it through a cloth and keep it til you haue neede thereof: and this is a speciall healer of all woundes and sores, bruses and broken bones, and postumes that be broken, also it draweth, clenseth and regendreth good flesh, it healeth and doth away all aches, cankers and festers, it healeth morimals, it passeth all ointments and if you will haue it softe put thereto oyle of roses as ye neede thereof: proued.

A good entreat called the green treat of Iane.

TAke a pinte of the iuice of smalladge, a pinte of the iuice of waybright, as muche of plantain, put them together in a vessell and put to it a quarter of a pounde of waxe, and as much of frankensence or rossen made into powder, make your waxe into small peeces and boyle them all together and euer stir them and to know when it is boyled inough, droppe a droppe vpon a bason, and if there be any moisture in it when it is colde: then put to it a pound of turpentine and stirre them til they be well medled together, thē strain it and put into it a quart of white wine, and set it stand while it be cold and so vse it.

Another intreat called Gratia dei.

TAke waxe, may butter or other butter, without salt, of ech 1. vnce: then take of frankensence 2. vnces, melt them together

 and

and straine them, and this is the making of this entreate which is called Gratia dei.

A good entreat for wounds.

TAke bittanye, pimpernell, and veruaine, of eche a handefull, boyle them in a pottell of very good white Wine vntil it be halfe consumed, then strain it through a course canuas, then put the licour ouer the fier againe: and in the boyling put to it half a pound of rossen, a li. of frankensence in powder, and alwaies stir it that the powder goe not to ẏ bottome, and when it is taken from the fier put to it half a li. of turpentine, and a dram of oyle of spike, and stir it till it be colde.

A green treat for a green wound which is especiall good.

TAke rossen made in fine powder 4. vnces, of shéeps sewet one vnce, halfe a pound of turpentine, waxe and frankensence, of ech one vnce, verdigreace 10. pence waight, oyle 6. vnces, beate your frankensence and verdigreace, & put to al your other stuffe ouer the fier in a vessel, but your turpentine and verdigreace let them boyle euer stirring them til they be all relented, then take it from the fier and stir it well, and then put in your turpentine euer stirring it till it be relented, then put in your Verdigrece and mixe it well with the other and strain it, and kéep it to your vse and it will helpe you.

The making of this treat which will endure an C. yeere and it is good for all ache in the bones, and for the sinewes.

TAke a pottell of neate oyle and frye it with madocks as manye as he maye, for they be drye and hard, then wringe out the oyle and doo them away, then doo thereon 2. pound of shéepes tallowe that is newe and melte it: and halfe a pound of waxe, as much rossen and frankensence and breake them small, and doo them into ẏ oyle for to be melted, then take 6. handfulls of hocks and of selondine, 4. handfulls, and 4. handfulls of Enula campana

and of plantain 8. handfulls, and of the rote of Enula campana cleane picked 2. pound, and so bray them small as mozter, thē do to thase herbes and rotes a pottell of good white wine, and so let it stand a day and a night, then straine out the licour, and do it into the oyle before that they sethe them and set it ouer the fier and let it seth the space of foure howers, then take it off the fier and do it in a clean bowle, and so let it stand til it be all cold, and then take it vp and do away the water and the slime and if it be to hard do in moze oyle, and if it be to nesh: do thereto moze ware and rosen, and of frankensence and sethe it againe, then do it in boxes and keep it wel: for this is a precious treat or oint ment for all maner of ach in the bones.

The making of a treat the which is called Oxicrochsie.

TAke a quarter of a pounde of medē ware, as muche of pure rosen, as much of blacke pitche, as muche of saffron, an vnce and a halfe of mastick, and halfe a quarter of a pound of Frankensence, as much mirrhe, and a quarter of a pound of arpinake halfe a quarter of a pound of Galbanum, as much of turmentyle, then take all the gummes and make them to small pouder, and break thy ware and Galbanum to small peces, then set them in good vineger all a night, and on the mozrow set it ouer the fier, and let it sethe till that the vineger be wasted somewhat: also straine it well through a cleane cloth into a vessell with white wine or with water, and when it is cold take it vp, and then hold it against the fier, but loke that thou haue thy saffron grounde: then holde it as thou wouldest holde ware, and a litle and a litle temper the saffron theron and medle them well against the fier till the saffron be melted in the gummes, but thou must annoynte thy handes with oyle of lawrel that it cleave not to thy handes, and do it where thou wilt: and this treate is good for all sores and bruses in any kind of a man, it dessroieth hard apostumes and it is good for broken bones and for the surgerye of salerne, who vsed this medicine for small wounds that were euil healed, and this will open a sore, and will heale him well and faire againe: proued.

For to make Vnguentum albanum.

TAke a pinte of oyle oliue, & put therto half a quartern of wax, and set it ouer the fier till the ware be molten, but make it into small pieces: then take halfe a pound of ceruse, and an vnce of masticke, and one vnce of Olibanum and a litle camphire: take and grinde all these small and cast it into the oyle, and stirre it well together till it be nigh colde, then take the white of fower egges made into gleare and put thereto a saucer full of vineger and stirre all this wel together and doo it in boxes, and this ointment is good for to anoint all sores without the wound: but doo it not in the wound: for this is a good colde ointment.

To make vnguentum album, another way.

TAke a pinte of oyle oliue, and half a pound of Diaclome, annised a prety quantity and put them together, and put thereto a li. of ceruse small grounded, and then boyle them altogether a little and stirre them alway till it be colde: et fac vnguentum.

For to make vnguentum popileon.

TAke three or 4. pound of poppy seed and 2. or 3. pound of herbe Walter, 1. pound of henbane and 1. pound of pettye morrell, and 1. pound of orpine and 1. pounde of singrene and 1. pounde of Endiue, 1. pounde of Plantaine and 1. pounde of Violets: and 1. pounde of water cresses, 1. pounde of Mandrake and 1. pounde of peniwort: take all these and stamp them in a morter & doo therto 3. or 4. li. of barrowes greace molten and binde them well together & then set them in an erthen pot wel closed in a moist place and so let it stand 9. daies: and on the 10. day set them on the fier: and doo thereto a quarte of white wine and let them seeth wel together: and then wring them through a strainer a litle and a litle till it be colde: and when it is cold doo it in boxes, and this oyntment is good for many sores.

For to make vnguentum gepticum.

Take

TAke a farthing wœrthe of honye, a spœnefull and a halfe of vineger: of grœne copperas a small quantitye: a pœce of allam and if you will make it easily put thereunto ale or els womans milk: and this oyntment is good for all sores and wounds bothe newe and olde.

For to make vnguentum ruptorum a corsy.

TAke Cantarides and make it into powder and as much of vnslaked lyme and of blacke sope as of all the other, and make all these in maner of a plaister, and lay it to the sore as broad as thou wilt haue it broken, and no broader.

For to make vnguentum versilinum.

TAke an vnce of litarge, half a li. of mastick, halfe a li. of ceruse an vnce of camphier, half an vnce of the stone called calamint and make these to small powder and doo therto half a pounde of mede ware small broken, and then doo thereto a pinte of the iuice of emerose and put al this in a pan and set it ouer the fier, and let them sœth till they be molten, and alwaye stirre it, and then take it from the fier and let it stand till it be cold, this ointment is good for a man that is scalled on his yarde with fier or on his body or visage, or on any lim of a man, and for all scalding, and this is good for woundes and for manye other priuye maladies: and this is a precious ointment.

For to make vnguentum delerosica.

TAke a li. and a halfe of purified hony and a quarter of a li. of verdigreace small made to powder, & a good saucerfull of vineger, cast all this together into a panne, and boyle them well together till it become red, and alway stirre it wel, and then beware for it will haue many coloures, for it will be red, then doo it in boxes and it will be hard, and after it wil relent again, and then doo therof into the rotted wound and anoint the sore there-

with

with: and it will doo away dead fleshe and other corruption, and this is a good ointment for to clense and for to make the flesh for to growe.

For to make Vnguentum Geneste.

TAke 2. li. of the flowers of broome, a li. of the flowers of woodwexe, and a pound of oxeslippes and braye them in a morter and doo therto 3. pound of may butter, and mingle them wel together, and so let them stande for 3. dayes and for 3. nightes, and then doo it in a pan and fry it well on the fier, and then wringe it through a cloth and doo it in a boxe, this oyntmente is good for all colde gouts and for other cold euills.

For to make vnguentum Penetium.

TAke a gallon pot ful of black snailes gathered in the dewe in the moneth of may and doo them in a linnen bag, & when yee haue the snailes look that ye haue redy then a pound of the powder of comin, and an other li. of dill, and meddle these powders amongst the snailes and hang them vp and set vnder a clean vessell, and keepe well the oyle that cometh of them, and then take the oyle and seeth it on a softe fier, and doo theron a quarter of a pound of the marrowe of a horse legge and seethe it with the oile and then doo it in a glasse with that oyntment, and annoynte any man or woman that is so troubled with the gout, and he shall be whole by Gods grace.

A good oyntment for to heale woundes.

TAke auence, bugle, pigle, and sauigle, smallabge and herbe Robert, Verueine and herbe Water, weybrede, and Ribwoort, daysies and hollyhocke, Ligni serpentini, red cawle and the croppes of brier, of euery of one of these a pounde, or at the least halfe a pound, then take these herbes and stampe them small in a morter, then take may butter 2. pound, and two pound of barrowes greace, and stampe them wel together: and

then

then do these in an earthen pot and let them so stand for 9. daies and on the 10 day do them in a panne and seeth them on the fier and let it seeth easely a good while, and then wring them a little and a litle through a strainer, and then take them, and put it into the pan againe with a quart of white wine, and half a pound of mede wars, and a pound of sheps tallowe, and a quarter of a pound of frankensence and a quarter of a pound of purified hony cast all these together into the panne and then set them ouer the fier and seeth them well together a good while, and then set it downe and let it kele, and then do it in boxes, and this is a speedy oyntement to heale all maner of sores and woundes be they neuer so great: this hath ben proued.

If thou wilt heale wounds well and cleane with the drink of balles, then take of these herbes to make thy balles.

TAke a pound of pigel, and a quarter of a pound of sanigell, and halfe a pound of bugle, a quarter of a pound of turmentile, halfe a pound of auence, a quarter of a pounde of mouere, a quarter of a pounde of sentorye, a quarter of a pounde of reiue, a quarter of a pound of Iuie, a quarter of a pound of wilde sage and halfe a pound of daisie, a pound of hearbe Roberte, a pounde of herbe Water, and a quarter of a pound of herb John, a quarter of a pound of egrimony, as much of violets, as much of strawberies, and halfe a pounde of Ribworte, and halfe a pounde of weybrede, and a quarter of a pounde of greate daysie, and halfe a pounde of spignell, and halfe a pounde of bittony, a quarter of a pound of hempe and as muche of red brier croppe, and as much of the black brier croppe, halfe a quarter of the redde nettle, and halfe a quarter of the red Cawle, and a quarterne of Verueine, as much of burnet, and as much of scabions, take al these herbes and shread them small and then do them in a morter and grinde them all to flower as thou wouldest do Veriuce, then mingle of madder the waight of all these other herbes, and grinde it with these herbes, and then let them rotte together for fiue daies and

the leaues, and then make therof small balles as big as a walnut and drie them in thin platters couered one ouer the other, and let them in the Sunne so that there come no aier thereto by no way: and who so hath a great wound then take one of these balles and crumme it into a quarte of white Wine or of stale ale and let him drinke therof ech day first a like quantitye, and to wash his wound 3. times on the day with white wine, and if that you haue no white wine, then take the iuice of auence and let come none other ointmente at the wounde but the iuice of auence, and therwith wet wel the wound al about: and thus thou maist heale and salue euerye olde wounde be it neuer so horrible & festered: and if there be in the wound any dead flesh, then must thou thereon the powder of Sandefer or else of burnte Allam, for that will frette away deade flesche, and these balles will heale the wounds.

For to open a wound that is closed too soone.

TAke the leaues of the white Plumme tree and the milke of a goate, and stamp them together and make a plaister thereof: and lay it to the sore and it will open it well, and it will driue away the rankeling.

Also take lentory stampe it and lay it therto: and it will open any wound faire and well.

Also Galbanum is good for to clense a wound and for to kepe it open.

To heale a wound.

TAke turpentine as muche as you thinke to serue your turne and put it into a dishe with cleare water: then take a sticke and make it flat at one ende, and with that beate and turne your turpentine in the water till it be verye white: then put the water cleane from it and put to it halfe as muche yolkes of Egges as is of the turpentine and meddle them well together: and minister it when ye need, put not this in your treane bor for it will take through: you may kepe it in a bladder.

For a wound in the head a good mundificatiffe.

Take

TAke hony of roses two vnces, oyle of Roses an vnce: meddle them together and put it warme into the wounde with Lint and a plaister vpon it: it is a good mundificatiffe.

For the ache in a wound.

TAke the roots of briany and pare the vtter side and beat them in a morter and in faire runninge water and straine it: and warm it and lay it hot to the wound or ache as ye party may suffer it: first wash the wound faire and then lay it to the wound.

To make a water for a cut or wound.

TAke a pottle of faire runninge watrr and séethe it on the fier and let it séethe a while: then take 2. d. worthe of white copperis, as muche of Bole armoniack and 4. d. of Camphier, and beate them altogether in powder: and put them all together into the water and let them séeth a little while, & then take it off the fier, and when it is colde put it into a Glasse drosse and all: and when it is occupied poure out a litle into a saucer of the clearest water and none of the bottome or drosse: and set it vpon ye Coles and wash the wound as hotte as he may suffer it, and then take a little linnen cloth and double it 3. or 4. times double: and wet it in the water & lay it to the wounde as hot as they maye suffer and binde it fast.

For a cut or wound.

TAke a gallon of running water and put therto a pinte of hony and a quarter of a li. of roche allam beaten in fine pouder and let them séethe togeather and scumme them cleane, and put thereto a handfull of woodbind leaues, a handfull of sage leaues a handfull of selondine and séeth them all together til the half be consumed, then take it from the fier and strain it through a canuas cloth into an other cleane vessell, and then put therto a peniworth of graines, and let them séethe a while together: and then

put it in a faire glasse when it is colde: this is a principall medicine.

For to heale wounds and to knit and heale broken bones.

TAke bettony, bugle, sauigle, pimpernell, milfoyle, strawbery leaues, orpin, sage, mousiere, emerose, Tansie, sothernwood hearbe Robert, herbe Water, egrimonye, plantaine, solcirckell, auence, madder, daisies, camphier, osmond, the croppe of the red cole, the croppe of the red brier, the red nettle cropp, of the crops of hempe, take of ech a like much saue of the madder by weighte then take these herbes & stamp them small and take may butter made of rawe creme, ewe milke, with dew water of may, and if that you can get no ewe milk, take ẏ butter of cow milke of the yellowest that can be found, for it is better then the white, & take a quart of butter, halfe a quartern of mede waxe, and melte the butter and the wax together: & when they be molten let the butter and waxe run through a cloth, for then is the butter clarified from the waxe, and shread the butter and the curdes a sunder or else it would not doo so well, and then let thy butter keele, and when it is colde then take and doo too 3. li. of thy hearbes, halfe a pound of butter, and cast thē in a morter, and stamp thē smal til you can see nothing of the butter, and then doo it in a newe earthen pot, and close it fast that no ayer doo go out, and when all is in the pot make it sure that no woormes may get in, nor that no ayer can get out, and then set it in a moyst place, & so let it stand for 9. dayes at the leaste, and then it will be hore aboue, then take it out of the pot and doo it in a faire panne and set it on the fier and frye them well together and stirre it well, and when it is hot inough take it from the fier and wring it through a cloth and let it stand til it be colde: and then kern it and let out the water, and then doo it into the pan and melt it againe, then doo it vp in boxes and keep it to your vse.

Also to make an ointment sanatiffe for wounds.

Take

TAke of the same hearbes before expressed, and worke them as thou diddest the salue: but whereas thou takest butter to thy salue: take faire barrowes greace and melte it: and when it is colde put to thy ointment, and whereas thou takest to thy salue madder, put thereto camemile and put thy herbes therto, take to that oyntment of auence as much weighte as of all the other herbs, and then shal this ointment be according to the salue, the one to worke within, and the other for to worke without, for this salue and this oyntement is the moste cheefest for all woundes both to clense and to heale, and to knit broken bones surely.

To heale all olde wounds.

TAke plantaine water distilled, and put halfe a pinte of it to an vnce of Mercury sublimatum, and so stirre them together vntill it be dissolued in the plantaine water, and then wash the sore and wound wel, and after wet a cloth in the same water and couer it cleane ouer the sore or wound, and vse this once euery day vntil it be whole and do so from day to day.

A red water for sores and wounds either olde or newe.

TAke a pottle of running water, a pecke of ashes of ashe wood that is olde, and a pottell of tanimice that leather neuer came into, and a pounde of mother, a pounde of allam, and beate them all in fine pouder, and put it in your tanimice, vates, and then when you haue so done, take a pottell of the one and a pottell of the other: and put therto 10. vnces of grēn copperis, and an vnce of Ginger and beate them all into fine powder and put them all together and so sethe them to a quarte, then take them off, and straine them and put them in a faire vessell, and poure out the thinne from the thicke, and laye a wet cloth thereon, and laye it to the wound or sores either olde or newe, and washe them well therewith.

A water imperiall for all wounds and for cankers.

TAke a handfull of red sage leaues, and a handful of selondine as much of woodbinde leaues, take a gallon of conduit water, and put the hearbes in it: and let them boyle to a pottle, and then straine the hearbes through a strainer: and take the licour and set it ouer the fier againe, and take a pinte of english hony, a good handful: of roche allam, as muche of white Copperis, fine beaten, a penyworth of graines brused, and then let them boyle all together 3. or 4. wawmes, and then let the skimme be taken of with a fether, and when it is cold put it in an earthen pot or bottle: so as it maye be kept close: for a greene wounde take of the thinnest, and for an olde wound of the thickest, couer the sore rather with veale or mutton: skimme them with docke leaues: when that you haue dressed them with this water.

To make water imperiall another way.

TAke a handfull of dragon, of scabious, of endiue, a handfull of pimpernell, a handfull of woormewood, of rewe, of Tansie of fetherfoye, of daysie leaues, of couslips, of maiden haire, of sinkfoyle, of dandelion, of time, of bawme, of eche of these herbes a handfull, of treakle a pound, of Bole armoniak foure vnces, and when you haue all these herbes together, you must take and shread them a little not too small, then take the Treakle and the Bole armoniake, and mingle them and the herbes together: then put them in a stillatory: and still them: et fiet.

For Wartes.

FOr to take away Wartes, take the seede of brionye with the leaues, burne them and make ashes of them: and meddle the Ashes with the iuice of the same hearbe like an ointement and annoint them often and they wil fal off, the dung of an egle doth the same. Also annointe the wartes or ringe woormes with the iuice of this herbe warteworth, and they will goe away.

For to doo away a Wem.

TAke and binde fast the Wem, then take verdigrece, sulphur-sope, oyle of egs, allam and hony, and temper them together and laye it thereto and it shall doo away the wem, and also for to heale it wel and clean within 3. or 4. times dressing.

A soueraigne water against melancholy, and drink to comfort the stomacke and hart.

TAke a pound of Aqua vitæ, and put therto a quart of red rose water, put vnto it as muche licoris sliced and scraped as you may holde in bothe your hands, but if itbe English Licoris you may take lesse: put therto as much annisede as you think may be sufficient to make it taste wel thereof: stewe all these with a softe fier wel couered with a earthen pot that the ayer doo not go out to your iudgment, till that a pinte therof be consumed: let it not boyle in any case but stewe softly, this doon take it from the fier, and let it stand and coole: and when it is cold drawe it from the seed and licoris, and put it into a wicker glasse or bottle, but bruse it that your water may be as cleer as you can, and when need dooth require occupye it.

To make artificiall oyle of balme for wounds.

TAke balme, rewe, fetherfoy, sowthistel, nettles, briany leues bramble leaues, sage leaues, cinckfoyle, of eche of all these a handfull, take al these simples and lay them in oyle oliue al one night, and take that water that cometh of a vine stalk, and black snailes, gum arabick, gum edere, of eche of these 1. vnce, you must take the seede of the ashe tree, and beat the seeds and the gummes very fine together. Afterward you must put the oile and ye herbs into the styll, and put the powder of the gums vpon the herbs in the still, and throwe thereupon a quarter of a li. of the oyle of roses, and 2. vnces of Aqua vitæ and so distill it with a soft fier: but you must still it at leaste twice or thrice: this oyle will heale all wounds very soon.

A green balme to incarnat wounds and to dry vp filthy vlcers.

TAke of fine Aqua vitæ, Venice turpentine, oyle of roses of euery of them a pinte, boyle them with a softe fier of coles, and after a plaw or two put in of verdigreace made in fine powder an vnce and a half, and boyle it to a good perfect substance and so vse it to your sore wounds and filthy vlcers, and it shall helpe them very shortly.

To make artificiall balme.

TAke of gumme elempine 6. vnces, aloes, mirrhe, castore, apponace of ech 2. vnces, Storax calamite, Olibanum, mastick Cacabre, of eache foure vnces, munge Bedelii, gumme of the figge tree, of eche two vnces and a half, make euery one of them in powder by them selues that will be powdered. The spices Take of Lignum aloes 3. vnces, Zilobalsami, Carpobalsami, spignarde, cloues, sinamon, Calamus aromatici, nut aromatici, Nutmegges, gallingall, setwell, graines, Cardomomus bothe the great and the small, Cucubes, rootes of Cipres, Mustacastaline, which is the coddes of the muske, of eche 2. vnces. rewpenticon 2 drams, flowers of rosemary 2. vnces, Juniper beries, Enula campana of ech dried an vnce, bay beries halfe an vnce, beat al these together in grosse powders, then take of fennell seed, persly seede fansie seede, carret seed, coriander seede carowaye seede, of eche one vnce: woormwood, sage dried, basill: rosemary, margerum, peniriall, mintes, secados, egrimony a like quantity of ech: then take figges of algary, dates the stones taken away: reysons of the sun almonds, of eche 4. vnces: then take oyle of turpentine 2. pintes oyle of mastick, oyle bennet, oyle of castore, oyle of tartor, oyle of dyll, oyle of exceter, of ech halfe a pinte: oyle of spike, oyle of nard of ech 4. vnces: pure aqua composita the waight of all the former stuffe: and firste boyle them in the bodies of 2. limbecks of glasse fast luted, with the crowes of their couers downward in Balneo mariæ, that is a cawdron of water a day and a night: then take of their cappes and set them aright and destill it with an easie fier

in

in these 2. limbecks all your stuffe being deuided into euen portions as before: lute them strongly and distill them with a softe fier 6. howers, thē in the rest increace your fier by litle and litle till the water be passed, then shall you see white oyle, and last of all yellow oyle, keepe euerye of them by them selues: the fourth is in the bottom keep that as an excellent medicine for all woundes, it helpeth sodainly without suffering the wound to putrifie or cast matter, but confoundeth it and helpeth it straight.

The vertue of this balme.

IT is moste excellent for goutes, palsies, crampes, wounds, akinges, sinewes cut hurt or shrinke, the falling sickenes, apopleria, the turning of the braine, the biting of dogges, or any other venimous things, for the timpany to anointe the belly, and the first water is good for all woundes, and all rotten and filthye vlcers: proued.

The receipt of the water of health per G.K.

TAke red rose flowers, camemill flowers, lauender flowers buglosse flowers, Isope flowers, rosemary flowers, sage flowers, secados flowers, balme flowers, time and wilde time, peririall, margerum, winter sauery, pimpernell, S. Johns wort, Philopendula, eyebright, horehound, dittany, dittany, scabies turmentill, planten, auence, maidenhaire mintes, rewe, sapifrage, harts tung, enfras brasill, canepithy, piony, Juniper beries, bay leaues or beries, take of all these flowers a maine handefull if they may be gotten, if not, then take 3. gallons of mighty strong ale, or 3. gallons of gascoigne wine, then take these spices: aney seed 2. li. licoras 2. pound, fennell seed 2. vnces, sinamon 2. vnces, caraway seed 2. vnces, gallingall 2. vnces, setwell 2. vnces, Angelica 2. vnces, Ciperus 2. vnces, ginger nutmegges of ech 1. vnce Enula campana 1. vnce, Calamus aromaticus 1. vnce, Ireus 1. vnce, Lignum aloes 2 vnces, Cloues 1. vnce, Cucubes 1. vnce, Graines 1. vnce, long pepper 1. vnce, Spignard 1. vnce, mace 1 vnce, Amis amonium 1. vnce, suger halfe a pound, alkenet 2. vnces, Olibanum masticke, basill seede, margerum seede, of all these halfe an vnce,

and do by the drawing of this water of health in all respects as by your aqua composita: your flowers and herbes must be dryed and shred on a chopping bord a good handefull of eche at the least: and your annised must be well beaten & dusted: and your licoris must be scraped and sliced cleane, and then all the rest of your other spices & seeds must be beaten fine in a brasen morter eche to his quantity. Also you may put therto three grains of ciuell muske for it will make it to drink the more plesanter, and for diuers infirmities this water is good, as to breake winde in the bellye, for them that can not relishe or disgest their meats: and for diuers other cold causes, this water will make a man to liue long and to keepe and preserue a man long in health, and to make a man to look yong againe.

For to make pety balme.

TAke fine meat oyle a pinte, and put it in a cleane panne, and seeth it well ouer the fier: then do thy handes in colde water and let it droppe theron and it will creame, and when it leaueth creaming do it to the fier againe, and let it seeth well, and do so 3. or 4. times with your handes: then take halfe an vnce of mastick, as much of frankensence, as much of rossen, a quarter of an vnce of verdigreace, make all these into powder by themselues, then do them into the oyle and let them seethe wel together: and stirre it well and skim it cleane: then let it coole, then do it in a powter vessell and this is a good balme.

For to make aqua vitæ perfectissima, per G K.

TAke the roote of Scapifrage, perselye, alisander, fennell, time, Isope, penirial, rosemary, lauender, primrose, mints, rewe betony, sauein, sage, auence, calamint of eche of these herbs half a quartern: then take gallingall, pepper, long pepper, cloues, nutmegs of ech of these 1. vnce: of canel, mace, cucubes, of ech of these 2. vnces: setwel, pellitory of spaine, Ligeum aloes, of ech halfe an vnce: stampe thy herbes and ponder thy spices: and do them in a

gallon

gallon of good red wine and mingle thy herbes and spices together in the wine and let them stand all a night in steepe: and on the morrow distill them into a limbeck: this water hath many faire vertues: and it comforteth man or woman and keepeth thē from all maladies that be colde.

Also it is hot at the first distylling: and at the thirde distilling it helpeth man or woman in their kindely heates.

Also it comforteth a cold stomack and destroyeth both scabbe and scall.

Also it healeth all olde sores if it be kindly vsed: it is good for the deafnes of the eares by putting a little therof into thy eare: it drineth away the stinking of the breath.

Also it is good for the falling euil and for the palsie in ẏ tunge for that palsie maketh a man sodenly dembe.

Also it healeth the palsie of other members that trembleth.

Also for biting or stinging of scorpions or adders or other venemous beasts: for no venim can come nēere vnto it.

Also it is good for the toothache of cold rewm: and for a cold feuer being drunk before the axis: it is good for to washe the emerodes and olde sores called Noli me tangere and for the Collica passio, and who so drinketh it for the vanitye of the head: it also healeth the saucefleume in the face.

Also it purgeth the stomack of all corruptions and for stone: and for all goutes, it destroyeth the gnawings within the bellye and suffereth no winde to breed in mans body.

To make aqua vitæ for colde causes.

Take good gascoigne wine and distill it in a glasse or Serpentine, and that water that burneth do it by it selfe: and if it be moist it will be of more vertue.

Also take of ginger, canel, mace, cocubes, nutmeggs, graines long pepper, of eche of these 3 vnces and braye them in a morter and searce them: and put these powders into the water that burneth and still it oft: and so reserue it to your vse morning & euening firste and last: and this is called the most souereigne wa-

ter and mighty against all manner of colde causes that ingendereth within man or woman, and this wil help you for diuers infirmities that is within man: proued.

A sourraign water vsed by doctor Steuens Phisitian, with the which he did many great cures, and a little before his death he declared the same to the Archbishop of Canterburye, and now to the benefit and commoditie of all people that be well disposed.

TAke 2. gallons of good gascoigne wine or clarret wine that is good, or els 2. gallons of mighty strong ale, and of euerye one of these spices a dramme: take of ginger, gallingall, sinamon or canel, nutmegs, graines, cloues, anniseeds, fenel seed, caraway seeds, calamus aromaticus, Cucubes, Ireos, maces, spignard, Enula campana, Canepithis, of eache of these a good handefull, Juniper beries 1. vnce, and of euery one of these herbes following a handful, sage, red roses, red mintes, garden time, wilde time, pellitory, camemill, lauender, wormwood, bettony, planten, ribwort, bays, red gilliflowers, wild marierum, rosemary, organum, rue the flowers of secados, Peniriall, hillworte, auence, Cowslippe leaues, primrose leaues, and flowers of screbby grasse, strawbery leaues, tutson, beate all these spices, & stamp all these herbes: and put them in the licour aforesaide and put a litle muske therin and let it stand twelue houres infuse, and stirre it oftentimes then still this water in a limbecke close stopt that no ayer come out of the potte: and with a small fier keep about it that it come not too fast forth and keep the first water by it selfe for that is the best. Also the second pinte by it selfe for that is also good but not as the first is. Also you shall receiue a third pinte of that water of these 3. gallons, but your vnce of alkenet must be for the two last waters to cullour it red withall, which must be in the receiuer with some suger and some sinamon, and you may keepe this water these 7. yeeres: and it will be in his full strength and operation.

The receite of the water called aqua mirabilis et pretiosa, made by Doctor Willowbye Phisition.

Take

TAke of Gallingall, cloues, maces, cubebs, ginger, Cardomomum, nutmegges, melilot, saffron, egrimonye water foure vnces, and beat all these into powder the quantity of a dram and somwhat more then take of the iuice of selondine, and a pint of S. Georg Rebels water of the best and the first: put of the same watre being well mingled in a stillitorye of glasse, and let it be stopped wel & close: and so let it stand for the space of 24. howers and then distill them with a softe fier for the space of a naturall day.

The vertue of this water aforesaid.

THis water is of secret nature, it is good exceeding good for the stomack, it dissolueth the lunges without any greuance, and the same lunges being wounded and putrified it mightilye helpeth them and comforteth them: and it suffereth not the body to putrifie.

Also he shall neuer need to be let bloud: and this water suffereth not the body to be vexed with choler nor yet with melancholy nor flemotte to be lift vp and haue dominion aboue nature and this water mightely expelleth the reum and profiteth much the stomacke: it ingendreth good colour, and keepeth and conserueth the visage and memory.

Also it is good for the palsie, if the said water be giuen to man or woman labouring towardes death 1. spoonefull, it releeueth them: of all waters artificiall there is no better.

Also vse in Summr once a weeke a spoonefull of this water fastinge, and in Winter time two spoonefulles, it is good for women that haue the green sickenesse, and for diuers other causes: per Doctorem Willowbie.

The receit of Sinamon water.

TAke rennish wine a quart, or spanish wine a pint, rose water a pinte and a halfe, sinamon bruised a pounde and a halfe, let these stand infused the space of 24. howers, then destill it, and being close stopped and luted, then with a softe fier destill the

same softly in a limbacke of glasse: and receiue the firste water by it selfe.

Also if ye be so disposed to make the same water weker: take three pintes of rosewater, and a pinte and a half of rennish wine and so distill the same, and you shall haue to the qualitye of the stuffe the quantitye of the water, which is three pintes: but the firste is the best, and so reserue it to your vse both morning and euening.

To make sinamon water another way.

TAke three quarts of muskadine, and a pound of sinamon, and halfe a pinte of good Rosewater, and so let them lye infused the space of foure and twentye houres, and distill it as afore saide and you shall receiue to the quantitye as to the qualitye, but the firste pinte is the beste and the cheefest of all the other as is manifest practise.

Aqua composita for a surfet.

TAke rosemary, fennell, Isope, time, sage, horehound of ech of these a handfull: pentrial, mints marierum, of ech 6. croppes a rote of Enula campana of licoris annysed hused of eche 2. vnces put al these to 3. gallons of mighty strong ale and put it into a brasse pot ouer an easie fier: and set the limbeck vpon it: & stop it close with dowe or past that no aier do goe out, and so kepe it stilling with a soft fier and so preserue it to your vse as neede requireth.

To make water of life.

TAke balme leaues and stalkes: burnet leaues and flowers a handfull: of rosemary turmentile leaues and rots, Rosa solis a handfull: red roses a handfull: carnations a handfull: Isope a handfull: a handfull of time, red fringes that grow vpon sauery a handfull: red fennell leaues and rotes a handfull: redde mintes a handfull: put all these herbes into a potte of earth glased and put thereto as muche white wine as will couer the herbes: and

let

let them soake therein eight or nine dayes: then take an vnce of sinamon, as muche of ginger: as much of nutmegges, cloues and saffron a like quantitye: of annisées a pounde, greate reysons a pound, suger a pound, halfe a pound of dates, the hinder part of an old cony, a good fleshy running Capon, the fleshe and sinewes of a legge of mutton, 4. yong Pigeons, a dossen of Larkes, the yolkes of 12. Egges, a loafe of white bread cut in sippettes, muskadell or bastarde thrée gallons, or as much in quantity as suffiseth to distill all these thinges at once in a limbecke, and thereto put of Methridatum two or thrée vnces, or els with as muche perfect treakell, and distill it with a moderate fier, and kéep the first water by it selfe: and the second water alone also, and when there commeth no more water with strings, take away the limbecke and put into the pot more wine vpon the same stuffe: and still it againe and you shall haue an other good water, and shall so remaine good. In the first ingredience of this water you must kéep a double glasse warely, for it is a restoratiue of al principall members, and defendeth against all pestilentiall diseases, as against the palsie, dropsie, splene, yellowe or blacke iaundise, for woormes in the belly and for all agues be they hot or cold: and al maner of swellinges and pestilentiall sorrowes in man as melancholy and flewmaticke, and it strengthneth and comforteth all the sprightes and stringes of the braine as the hart, the milt the liuer and the stomacke, by taking thereof 2. or 3. spoonefulls at one time by it selfe, or with Ale, Wine or Béere: and by putting a pretye quantity of suger therein: also it helpeth disgestion, and dooth break winde and stoppeth laske, and bindeth not, and it mightely helpeth and easeth man or woman of the paine of the hartburning, and for to quicken the memory of man, take of this water thrée spoonefulls a daye in the morning, and an other after he goeth to dinner, and the third last at night.

The electuary of life,

And if a man be sicke at the stomacke or in the bellye, or at the hart, or in the head, or were bitten with anye venemous

mous euill beaste, or poysoned, and a man were by the way traueling or in the house, and he had all these sicknesses, so that he had with him this lectuarye that is made of 5. thinges to eate thereof or drinke thereof in water 3. or 4. spoonefulles he should by Gods helpe be quickly whole so that he vse it for 15. daies fasting, and when he goeth to bed least he should not be whole of al his sicknesses in the body, and if he did drinke the oftener in a day the better: and these be the 5. thinges to make this electuary withall: Scorlogio, Morre, Gentiana, Grandorer and Ialaout, as much of the one as of the other and stamp them, and strain them and meddle them with honye that hath béen well boyled on the fier and scummed cleane: and this is the making of this lectuary and when as néed requireth you may vse it.

A good powder called the powder of life.

TAke the séede of smalladge and the bones of a mouse, and the root of turmentile, the roote of quintfoyle: and the root of Philopendula, the séed of gromwel, and the séed of sapifrage, the séed of allisanders, and the séede of sowthistle, of eche of these séedes a like much: and then take licoris and gallingall, cannell and ginger, of ech a like much: then bray them in a morter and meddle them together and vse thereof, then doo therto a quantitye of auence, of saffron and a quantity of maces, and this is the making of this powder for all manner of sicknes in mans body or in the womb, or if a man be ouercome by the way, it will destroy al manner of poyson and venim and the dropsie, and palsie, and also the wa- lowing about a mans harte.

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